

Sharron Baucom Dale City Recreation Center

www.pwcparks.org/dcrc

Where Everybody Fits In!

GROUP FITNESS OPEN SCHEDULE

(Includes Spin® and TRX® classes)
Effective March 29, 2012

New Classes on schedule:
Fitness Boxing - Thurs 9:30am
Core Active - Wed 6pm
Aqua Zumba – Tues 10am

Class time changes:
Mon 5 & 7pm TRX to 6pm
Tues 10:30am Functional Bodies to 11am
Thurs 10:30am Functional Bodies to 10:45am

30-Day Unlimited Aerobic Pass: Land/Water \$50

Drop-in Rates = \$10 per class or \$5 per 1/2 hour class

Land Classes

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8am					SPINNING (6AM)	CIRCUIT TRAINING BOOT CAMP	Ask about our special prices for family classes
8:30am	STRENGTH ZONE	TRX® CIRCUIT	CORE FUSION	AFRO-BRAZILIAN	STRENGTH ZONE	SPINNING+ (8AM)	
9:00am	SPINNING		SPINNING		SPINNING (8:30am)		
9:15am	YOGA	FAMILY YOGA (9:30AM)	YOGA	POWER YOGA (75 min) (9:30AM)	CORE FUSION (9:30am)	SPINNING (10AM)	SPINNING (10AM)
9:30am	STEP & PUMP	ZUMBA CIRCUIT TRAINING	STEP	FITNESS BOXING CIRCUIT TRAINING	STEP & PUMP	ZUPER ZUMBA	
10:30am	ZUMBA	FUNCTIONAL BODIES (11am)	TRX® CIRCUIT (10AM) GENTLE YOGA	FUNCTIONAL BODIES (10:45am)	TRX® CIRCUIT (9:30am) ZUMBA (10:30am)	BELLY DANCING FOR FITNESS	TRX® CIRCUIT (4PM)
10:30am	PILATES MAT	SPINNING (10:40am)	PILATES MAT	SPINNING+	GENTLE YOGA		FAMILY YOGA (4PM)
5:00pm	TRX® CIRCUIT (6pm)	SPINNING	TRX® BODY BLAST	SPINNING			ZUMBA SPINNING
6:00pm	AFRO BRAZILIAN SPINNING	PILATES MAT	CORE ACTIVE SPINNING	PILATES MAT	SPINNING	Classes are subject to change without notice	
7:00pm	CORE FUSION BOOT CAMP ZUMBA	FITNESS BOXING YOGA	POWER PUMP BOOT CAMP	HOT YOGA ZUMBA	TRX® CIRCUIT		
8:00pm	YOGA	ZUMBA	SPINNING (8:05PM)	HIP HOP CARDIO			

Water Classes

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:10am	DEEP FIT		DEEP FIT	DEEP FIT (8:45am)	DEEP FIT	
9am	AM ENERGIZER	AQUA ZUMBA (10am)	AM ENERGIZER		AM ENERGIZER	AQUA BOOT CAMP (9:30am)
11am		ABC		ABC		

Sharron Baucom Dale City Recreation Center Group Fitness Open Schedule Program Details:

1. Present your Aerobics Card, Gold or Premium Pass, or Drop-In Fee at the front desk to attend.
2. Get unlimited classes with the Aerobics Card or Gold and Premium Passes.
3. Classes fill on a first-come, first-served basis.
4. Land class length is 55 minutes, unless otherwise noted. Water class length is 45 minutes, unless otherwise noted.
5. Sharron Baucom Dale City Gold or Premium Passholders may take land classes at Dale City and Chinn locations.
6. Sharron Baucom Dale City Gold or Premium Passholders may take aquatic classes at Dale City only.

7. "Aerobics Only" Passholders (30-day and 6/12 month) may take land and aquatic classes at both Dale City and Chinn locations.
8. "Multi-Use Pass with Aerobics" and "College Pass with Aerobics" will only be accepted at the site of purchase.
9. Inclement weather: For class information at Sharron Baucom Dale City, call 703-670-7112.
10. Age restrictions: Ages 14+ allowed to attend classes. Age 12-13 must have parent/guardian present in class. All students, including those in "Family" classes, must be actively involved and not disturb other participants. Ask front desk about special pricing policy for our family classes.

Class Descriptions (Land):

AFRO-BRAZILIAN – Hi-energy class melding African, Brazilian and Caribbean dance moves.

AQUA BOOT CAMP – Challenging and fun! Class taught in Deep Water.

BELLY DANCING FOR FITNESS – Find out what this age old dance can do to enhance your fitness.

BOOT CAMP – Train in this Marine-inspired class. "Get down and give me 20!!"

CIRCUIT TRAINING – Class utilizes Nautilus machines for a super resistance-training workout with cardio segments mixed in - taught in the fitness area.

CORE ACTIVE – Combines cardio –Step, BOSU and other formats – and core in this class. High energy and fun!

CORE FUSION – Back and abdominal strength training to enhance body alignment and balance plus flexibility training to stretch the body to its limits.

FAMILY YOGA – This class welcomes children (ages 8+) attending with a parent.

FITNESS BOXING – This class incorporates boxing moves and makes them work in a new way to improve your total body fitness.

FUNCTIONAL BODIES – Don't let your body let you down. This class will work on strength, balance and flexibility for functioning in our daily lives.

GENTLE YOGA – a class designed for beginners and those who need to approach the restorative movements of yoga at a slower, more controlled pace.

HIP HOP CARDIO – This class is structured to offer an intense cardiovascular workout, in addition to teaching students basic Hip Hop movements and technique. No dance experience required.

HOT YOGA – Take yoga to the next level in our heated classroom. Need to bring large towel to cover yoga mat, plus another towel and water bottle. This class is not for those who are pregnant.

PILATES MAT – Core training at its best. Time-tested exercise techniques.

POWER PUMP – A total body, muscle conditioning class using a variety of resistance equipment with a dose of heart healthy cardio.

POWER YOGA – challenging 75-minute class with a fitness focus steered to intermediate level and above.

SPINNING – 45-minute cycling class with emphasis on intensity, strength and/or endurance.

SPINNING + - Get a little more time in the bike saddle. Work on that endurance and kick your ride up a notch.

STEP & PUMP – A combination of step aerobics and muscle training utilizing a variety of resistance equipment.

STRENGTH ZONE – Work your way into the zone – class focuses on working to improve muscular strength and endurance.

TRX® BODY BLAST – 45 minutes – Use this suspension training system to train for strength and stability. Great for core! Class uses music to help synchronize movement.

TRX® CIRCUIT – 45 minutes – Same equipment and results as Body Blast but movement patterns utilize time, not rhythm.

YOGA – Work on your flexibility and strength, plus meditation! All levels.

ZUMBA – Free-flowing class incorporating Latin American and Middle Eastern dance moves. No dance experience required.

ZUPER ZUMBA – Make this 1.5 hour Saturday morning class a fixture in your weekend. Zumba class that will mix things up a bit more. May include resistance work.

Class Descriptions (Water):

ABC – Aquatic Body Conditioning - Combination cardiovascular and muscle strengthening workout in shallow water.

AM ENERGIZER - Hi-Lo aerobics class in shallow water.

AQUA ZUMBA – Zumba in the water! Prepare for fitness & fun. Need we say more?

DEEP FIT - Work in the deep end. Improve your core strength and stamina. Class uses buoyancy devices.



See our *Leisure* magazine for SBDRC's progressive class schedules for Tai Chi, Pilates Allegro Reformer Small Group Sessions, Triathlon Training and more. Ask for a copy at the Front Desk or call 703-670-7112.

Classes are subject to change without notice