LiveWell
Empower • Educate • Engage

FITNESS REMIX



Fitness Remix is LiveWell's **NEW** live group fitness program designed as a fun sampler to get you moving and introduce you to new types of exercise.

Registration is recommended but not required-- Please arrive a few minutes early to change and check-in prior to class.

Waivers can be printed, signed, and turned in at the start of class, or completed upon arrival. We cannot accept emailed waivers.

Open to all Fairfax County Government employees and retirees. No EFWC membership required.

All fitness levels welcome, so come move, explore, and shake up your routine.

Scan here to register!

TENTATIVE SCHEDULE

- **January**: First Steps of Fitness
- **February**: Line Dancing
- **March**: Kickboxing
- **April**: Mobility & Core
- **May**: Throwback Aerobics
- **June**: Tai Chi
- **July**: Bodyweight Bootcamp
- **August**: Core Challenge
- **September**: Step Aerobics
- **October**: TBD
- **November**: Zumba
- **December**: HIIT & Hustle

Wednesday's @ 12:30 PM : Government Center, EFWC (Suite 114)

Contact us at LiveWell@fairfaxcounty.gov or 703-324-4556 (TTY 711)