

Group Fitness Open Schedule

Effective June 14, 2021

Only with membership & reservation Drop-in \$12 with reservation 24 hours prior

LAND CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Power Circuit® 9:00-9:45a	Yoga 8:00-8:45a Begins June 15th	Zumba® 9:30-10:15a Begins June 2nd	Chair Yoga 9:30- 10:15a	Kickboxing 9:00-9:45a	Total Body Strength/ Conditioning 8:00-8:45a	
Chair Yoga 10:30- 11:15a Begins June 7th	Zumba® Toning 9:00-9:45a Begins June 1st	Barre 10:30-11:15a Begins June 2nd	Zumba® 10:30-11:15a Begins June 3rd	Total Body Strength/ Conditioning 10:00-10:45a Begins June 4th	Spinning® 8:30-9:15a	
	Pilates Mat 10:00-10:45a	Pranayama Yoga 5:00-5:45p	Zumba® 5:30-6:15p			
Yoga 6:30-7:15ap	TRX® 7:15-8:00p	Cycle and Core 6:30-7:15p	Barbell 6:30-7:15p Begins June 3rd			

OUTDOOR FITNESS AT THE NEABSCO REGIONAL PARK

15125 Blackburn Rd. Woodbridge, VA 22191

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Meet The Trainer At The Park 9:30-10:25a	Morning Yoga 8:00-9:25a			

Aqua Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Deep Water 8:00-8:45a		Aqua Zumba® 8:00-8:45a	Aqua Bootcamp 8:00-8:45a		Poolates 12:30-1:30p

Group Exercise Policies

- Classes are for Participants Fourteen (14+). Intensity classes. Participants must be age 16+.
- Ages 8-13 must receive a wristband from front desk, have parent/guardian participating in class and have the approval of the instructor
(Please see the instructor before start time)

- Space and equipment is available on a first come, first served basis
- For safety please do not enter in the class after the warm up has been completed
- Please turn off your cell phone during class
- For inclement weather Information call 703-792-8650
- Bring towel & plenty of water!!!!

Get this schedule on your phone and computer.

Check out our Group Fitness Schedule Online:
www.pwcparks.org/DCRCGF

You will see:

- The current schedule
- Real-time schedule changes
- Cancellations
- Class times & locations
- Assigned instructors

