



HEALTHY STRIDES COMMUNITY CLASSES

Fairfax County Park Authority is proud to present **virtual fitness classes**. **Click on the link below for the class you would like to attend.**

No registration required. Classes will be open unless full capacity is reached. Schedule is subject to change.

*Please be courteous to all class participants by staying **muted** unless otherwise instructed. Use the **chat box** to type in questions or problems.*

MONDAY

[Basic Training Older Adults](#)
9:00 am – 10:00 am
Gail B. – SR



[Yoga](#)
6:00 pm – 7:00 pm
Teresa T. - SR



[Core](#)
7:00 pm – 8:00 pm
Melanie S. – CR



TUESDAY

[Yoga](#)
11:00 am – 12:00 pm
Vicki C. – SR



[Strength Mix](#)
4:00 pm – 5:00 pm
Laurie S. – SR



[Pilates](#)
7:00 pm – 8:00 pm
Shirl Walley - MV



WEDNESDAY

[Yoga](#)
9:00 am – 10:00 am
Sadie G. – SR



[Mix It Up](#)
9:00 am – 10:00 am
Christine M. –PR



THURSDAY

[Pure Stretch](#)
8:00 am – 9:00 am
Paulette – SH



[Pilates](#)
11:00 am – 12:00 pm
Edie M. - SH



[Tai Chi Basics](#)
4:00 pm – 5:00 pm
Sally HB.- CR



[Strength Mix](#)
7:00 pm – 8:00 pm
Jennifer Hardwick-SR



FRIDAY

[Core Conditioning](#)
11:00 am – 12:00 pm
Kristen P. - SH



[Yoga](#)
4:00 pm – 5:00 pm
Trish L. - OM



[Tabata](#)
7:00 pm – 8:00 pm
Melanie S. – CR



Walk. Run.
Dance. Play.
What's **YOUR**
move?

health.gov/moveyourway



For accommodations, contact Inclusion and ADA Support at 703-324-8563. TTY Relay 711. www.fairfaxcounty.gov/parks/accessible.

Questions? Contact Liz Ittner at Elizabeth.Ittner@fairfaxcounty.gov