



Department of Parks, Recreation
and Community Services
&
South Riding Wellness Connection



**Presents the Winter Wellness Class Schedule at
Dulles South Multi-Purpose Center**

24950 Riding Center Drive, South Riding, VA 20152 (571) 258-3456

To register, go to www.loudoun.gov, select most popular pages, click on WebTrac

BOOT CAMP

(Ages 16 & up) Designed to improve overall fitness to include cardiovascular endurance, core and muscular strength, balance and stability. It is a fitness program filled with fun exercise routines and motivational training. This class is packed with energetic and exciting activities to help you build a strong, fit body and mind. You will need a mat, therapy ball, resistive bands, a 4-6 Lb medicine ball and dumbbells (5, 8 and/or 10 Lb). A complete exercise kit may be purchased through the instructor if necessary at: www.srwellnessconnection.com



Day Classes

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|-----------|----------|--------------|
| 205506-01 | \$110.00 | |
| M,W,F | 1/4-1/29 | 6:00A- 7:00A |
| 205506-02 | \$110.00 | |
| M,W,F | 2/1-2/26 | 6:00A- 7:00A |
| 205506-03 | \$110.00 | |
| M,W,F | 1/4-1/29 | 9:00A-10:00A |
| 205506-04 | \$110.00 | |
| M,W,F | 2/1-2/26 | 9:00A-10:00A |

Evening/Weekend Classes

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|-----------|----------|----------------------------------|
| 205506-07 | \$110.00 | |
| M,W,Sa | 1/6-1/30 | 5:30P- 6:30P M,W: 8:00A-9:00A Sa |
| 205506-08 | \$110.00 | |
| M,W,Sa | 2/3-2/27 | 5:30P- 6:30P M,W: 8:00A-9:00A Sa |

VINYASA YOGA

(Ages 16 & up) Vinyasa means to place in a special way. Every class has a peak pose, and we slowly build up to help you reach that posture. During the class, we flow from pose to pose in breath-synchronized movement. As a result, you will experience movement during the practice - it almost becomes a dance! The latter part of each class includes more seated postures to stretch the body and ends with breathing exercises (pranayama) and a full-body relaxation. Please bring a yoga mat to class with you.

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|-----------|----------|--------------|
| 205507-04 | \$44.00 | |
| Sa | 1/9-1/30 | 8:00A- 9:00A |
| 205507-08 | \$44.00 | |
| Sa | 2/6-2/27 | 8:00A- 9:00A |



NUTRITION WELLNESS

(Ages 16 & up) Do you feel stressed out? Have you been meaning to take care of yourself? Learn to enhance your nutritional, fitness, and emotional well-being. Get personalized nutritional guidance and group support with counselors, dietitians, and fitness instructors. Each month, receive 2 free newsletters filled with wellness information and healthy recipes, 1 hour support meeting where we share experiences and offer nutritional guidance, and one 15 min. personalized phone chat with a dietitian to answer your specific questions. This monthly program will introduce new ideas and offer strategies to ensure you reach your nutritional and wellness goals.

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|-----------|-----------|--------------|
| 205508-01 | \$40.00 | |
| W | 1/20-1/20 | 7:30P- 8:30P |
| 205508-02 | \$40.00 | |
| W | 2/17-2/17 | 7:30P- 8:30P |

