

# Drop-In Fitness Classes in Arlington

September 2022 (9/5 holiday)

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<b>\$5 Cycle</b> 6:30–7:15am Long Bridge Studio	<b>FREE Muscle Conditioning</b> 9:15-10am Lubber Run Lawn	<b>\$5 Muscle Blast</b> 6:30–7:15am Long Bridge Studio (cancelled 7th)		<b>\$5 Cycle</b> 7:15-8am TJ Indoors	
	<b>\$5 Cycle</b> 9:15-9:50am TJ Indoors (beginning 13th)			<b>\$5 Cycle</b> 12:15-1pm Long Bridge Studio (cancelled 2nd)	
<b>FREE Muscle Conditioning</b> 12:15–1pm TJ Plaza	<b>\$5 Muscle Blast</b> 12:15–1pm Long Bridge Studio	<b>\$5 Muscle Blast</b> 12:15–1pm TJ Indoors	<b>\$5 Yoga</b> 12:15–1pm Long Bridge Studio	<b>\$5 Muscle Blast</b> 12:15-1pm Lubber Run Studio	
<b>\$5 Muscle Blast</b> 6-6:45pm Long Bridge Studio	<b>NEW!</b> <b>\$5 Muscle Blast</b> 5:30-6:15pm TJ Indoors (beginning 13th)	<b>NEW!</b> <b>\$5 Yoga</b> 6-6:45pm TJ Room 35 (beginning 14th)	<b>FREE Muscle Conditioning</b> 5:30-6:15pm TJ Plaza		
	<b>\$5 Yoga</b> 7-7:45pm Long Bridge Studio (cancelled 6th)	<b>\$5 Cycle</b> 7-7:45pm Long Bridge Studio (cancelled 7th)	<b>\$5 Cycle</b> 7-7:45pm TJ Indoors		

Visit [parks.arlingtonva.us](https://parks.arlingtonva.us). Drop-In class registration optional.  
Activity Numbers: 790100 (Long Bridge), 790120 (TJ/Lubber Run), Outdoors 782107

**Outdoor classes are FREE! No membership is required!**

**Indoor classes require a fitness membership or day pass (at that facility)**

**AND class fee.**

**First come, first served, just show up!** \* Classes are subject to change with no notice.

## LOCATIONS

Long Bridge Aquatics and Fitness Center  
333 Long Bridge Dr. (22202) 703-228-3338

Thomas Jefferson Community and Fitness Center (TJ)  
3501 S. 2nd St. (22204) 703-228-5920

Lubber Run Community Center  
300 N. Park Dr. (22203) 703-228-4712

## Drop-In Class Fees

	Adult (18-54)	55+
One Class	\$5	\$4
10-Class Pass	\$46	\$37
Unlimited 3-Month Class Pass	\$100	\$80

For more information about the **Drop-In Fitness Class Program**, contact **Michelle Atkin** at [MAtkin@arlingtonva.us](mailto:MAtkin@arlingtonva.us) or 703-228-5933.

# Drop-In Fitness Classes

## Class Details

All classes can accommodate all fitness levels. If it is your first time, please arrive a few minutes before class and let the instructor know that you are new. The instructor can help you learn proper technique for a safe and effective workout and provide modifications as needed.

The beginning of class is devoted to the **warm-up**, which gradually prepares the body for more vigorous activities.

The end of the class is devoted to a **cool-down** and stretch to help increase flexibility.

**Cardio** activities increase your heart rate to train the heart and lungs. They will help increase your stamina, burn fat, relieve stress and more!

**Strength training** is designed to build muscular strength and endurance. Resistance training can help keep you strong, burn fat, increase muscle tone and improve bone density.

- **Muscle Blast:** Get your heartrate up and get your resistance training in with weight, kettlebell, ball, BOSU or band exercises. We'll work most muscles and challenge your balance before stretching it out.
- **Cycle:** Warm-up, climb, sprint, interval train, and cool-down. Any fitness level is welcome to go at your own pace.
- **Yoga:** Flow and connect one posture to the next... breathe through your poses to balance and enhance strength.
- **FREE Muscle Conditioning OUTSIDE:** Get your heartrate up and get a bodyweight workout before stretching it out. Expect to get down and up from your mat. Bring your own mat or towel; hand weights are optional.

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- **FREE Fitness Equipment Orientations:** Offered monthly. Email [matkin@arlingtonva.us](mailto:matkin@arlingtonva.us) to sign-up, space is limited.
    - ⇒ **Lubber Run:** 2nd Tuesday 10:15-11 a.m.
    - ⇒ **Thomas Jefferson:** 2nd Monday 1:30-2:30 p.m.
    - ⇒ **Long Bridge:** 4th Monday 1:30-2:30 p.m.
  - **FREE Fitness Center Tours:** Check with the front desk.

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**PLEASE NOTE:** Classes and instructors are subject to change. If a minimum average of 8 participants is not met over a 4-week period, the class may be removed from the next schedule. New schedules are released every 1-3 months. Classes are seasonal based on demand.

## Fitness Programs to Fit All Interests and Abilities

Arlington County Parks & Recreation has a variety of classes, programs and memberships to fit all interests and abilities.

- Enjoy Arlington Fitness & Wellness Classes
- 55+ Fitness & Wellness Classes
- Therapeutic Recreation Classes
- We can provide reasonable modifications to all programs and classes for people with disabilities upon request.

**Go to [parks.arlingtonva.us](https://parks.arlingtonva.us) to learn more.**