

Drop-In Fitness Classes in Arlington

October 2022

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
\$5 Cycle 6:30–7:15am Long Bridge Studio <i>Jennifer</i>	FREE Muscle Conditioning 9:15–10am Lubber Run Lawn <i>Michelle</i>	\$5 Muscle Blast 6:30–7:15am Long Bridge Studio <i>Jennifer</i>		\$5 Cycle 7:15–8am TJ Indoors <i>Mallory</i>	
	\$5 Cycle 9:15–9:50am TJ Indoors <i>Lori</i>			\$5 Cycle 12:15–1pm Long Bridge Studio <i>Lori</i>	
FREE Muscle Conditioning 12:15–1pm TJ Plaza <i>Michelle</i>	\$5 Muscle Blast 12:15–1pm Long Bridge Studio <i>Elissa</i>	\$5 Muscle Blast 12:15–1pm TJ Indoors <i>Shanan</i>	\$5 Yoga 12:15–1pm Long Bridge Studio <i>Elissa</i>	\$5 Muscle Blast 12:15–1pm Lubber Run Studio <i>Michelle</i>	
\$5 Muscle Blast 6–6:45pm Long Bridge Studio <i>Michelle</i>	\$5 Muscle Blast 5:30–6:15pm TJ Indoors <i>Lori (cancelled 10/11)</i>		FREE Muscle Conditioning 5:30–6:15pm TJ Plaza <i>Shanan</i>		
	\$5 Yoga 7–7:45pm Long Bridge Studio <i>Brandy</i>	\$5 Cycle 7–7:45pm Long Bridge Studio <i>Myron</i>	\$5 Cycle 7–7:45pm TJ Indoors <i>Myron</i>		

Visit 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 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 to sign-up, space is limited.
 - ⇒ **Lubber Run:** 4th Tuesday 10:15-11 a.m.
 - ⇒ **Thomas Jefferson:** 2nd Monday 1:30-2:30 p.m.
 - ⇒ **Long Bridge:** 21st of November 1:30-2:30 p.m.
 - **FREE Fitness Center Tours:** Check with the front desk.

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 to learn more.