

# Arlington Drop-In Fitness Classes

March 2023

*Inclement Weather: If the building is open & an instructor is available, drop-in classes proceed according to the schedule.*

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<b>\$5 Cycle</b> 6:30–7:15am Long Bridge Studio Jennifer	<b>FREE Muscle Conditioning</b> 9:15-10am Lubber Run Lawn Michelle	<b>\$5 Muscle Blast</b> 6:30–7:15am Long Bridge Studio Jennifer		<b>\$5 Cycle</b> 7:15-8am TJ Indoors Mallory	
	<b>\$5 Cycle</b> 9:15-9:50am TJ Indoors Lori		<b>\$5 Yoga</b> 12:15–1pm Long Bridge Studio Elissa	<b>\$5 Cycle</b> 12:15-1pm Long Bridge Studio Lori	
<b>FREE Muscle Conditioning</b> 12:15–1pm TJ Park Michelle	<b>NEW! \$5 Limber Up</b> 11:40-12:10pm Long Bridge Studio Elissa	<b>\$5 Muscle Blast</b> 12:15–1pm TJ Indoors Shanan	<b>FREE Muscle Conditioning</b> 5:30-6:15pm TJ Plaza Michelle	<b>\$5 Muscle Blast</b> 12:15-1pm Lubber Run Studio Michelle	
<b>NEW! \$5 Yoga</b> 6-6:45pm Long Bridge Studio Brandy	<b>\$5 Muscle Blast</b> 12:15–1pm Long Bridge Studio Elissa		<b>\$5 Cycle</b> 7-7:45pm TJ Indoors Myron		
	<b>\$5 Muscle Blast</b> 5:30-6:15pm TJ Indoors Lori	<b>\$5 Cycle</b> 7-7:45pm TJ Indoors Myron	<b>NEW! \$5 Cardio Dance Barre</b> 7:30-8:15pm Long Bridge Studio Elissa		

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

## LOCATIONS

**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.

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.
- **Limber Up:** See and feel the results of guided foam rolling! Prevent injury, reduce tension, and maximize your joints' range of motion in this revitalizing class. Feel free to bring your own. Class size capacity based on equipment availability.
- **Cardio Dance Barre:** Follow fun, easy sequences that get your heart rate up, your muscles toned, and your energy high!
- **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.
    - ⇒ **Thomas Jefferson:** 13th of March 1:30-2:30 p.m.
    - ⇒ **Lubber Run:** 14h of March 10:15-11:15 a.m.
    - ⇒ **Long Bridge:** 20th of March 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