

18+ Drop-In Fitness Classes

June 2023 (No classes 6/19)

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
\$5 Cycle 6:30–7:15am Long Bridge Studio Jennifer	FREE Muscle Conditioning 9:15–10am Lubber Run Lawn Michelle	\$5 Muscle Blast 6:30–7:15am Long Bridge Studio Jennifer		\$5 Cycle 7:15–8am TJ Indoors Mallory	
			\$5 Circuit 12:15–12:50pm Long Bridge Studio Shanan		
FREE Muscle Conditioning 12:15–1pm TJ Park Michelle	\$5 Muscle Blast 12–12:45pm Long Bridge Studio Elissa	\$5 Muscle Blast 12:15–1pm TJ Indoors Shanan (no class 6/14)	\$5 Yoga—Decompress 1–1:45pm Long Bridge Studio Elissa	\$5 Cycle 12:15–1pm Long Bridge Studio Lori	
	\$5 Stretch & Restore 1–1:45pm Long Bridge Studio Elissa		FREE Muscle Conditioning 5:30–6:15pm TJ Plaza Michelle	\$5 Muscle Blast 12:15–1pm Lubber Run Studio Michelle	
\$5 Yoga 6–6:45pm Long Bridge Studio Mallory	\$5 Muscle Blast 5:30–6:15pm TJ Indoors Lori (no class 6/13)	\$5 Cycle 7–7:45pm TJ Indoors Myron (no class 6/14)	Ends June 8th! \$5 Cycle 7–7:45pm TJ Indoors Myron		

Visit 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 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:** Build strength, body awareness, and flexibility with a multilevel yoga class. Breathe to connect poses and leave focused and energized.
- **Stretch & Restore:** Calm your nervous system with a slow flow, ball and roller release, and long gentle holds. Release tension with a slow yoga flow, then relax muscles with gentle holds and pressure point release.
- **Circuit:** Get your heartrate up moving from station to station for timed intervals on machines or in the studio; instructor's choice.
- **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:** 13th of June 10:15-11:15 a.m.
 - ⇒ **Long Bridge:** 5th of June 5-6 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.