

18+ Drop-In Fitness Classes

September 2023 (note Long Bridge & Labor Day closure)

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
\$5 Cycle 6:30–7:15am Long Bridge Jennifer	FREE Muscle Conditioning 9:15-10am Lubber Run Lawn Michelle	\$5 Muscle Blast 6:30–7:15am Long Bridge Jennifer		\$5 Cycle 7:15-8am TJ Indoors Mallory	NEW! \$5 Yoga 8:15-9am Long Bridge Lisa / Mallory (begins 9th)	NEW! \$5 Cycle 8:15-9am Long Bridge Carlos (begins 10th)
	\$5 Cycle 9:15-9:50am TJ Indoors Lori		\$5 Circuit 11:30-12:15pm Long Bridge Weight Room Shanan	\$5 Cycle 12:15-1pm Long Bridge Lori (no class 1st)		
FREE Muscle Conditioning 12:15–1pm TJ Park Michelle	\$5 Muscle Blast 12-12:45pm Long Bridge Elissa	\$5 Muscle Blast 12:15–1pm TJ Indoors Shanan	\$5 Yoga—Decompress 12:30-1:15pm Long Bridge Elissa	\$5 Muscle Blast 12:15-1pm Lubber Run Studio Michelle		
		NEW! \$5 Yoga 6:15-7pm TJ Room 35 Connie	FREE Muscle Conditioning 5:30-6:15pm TJ Plaza Michelle			
\$5 Yoga 6-6:45pm Long Bridge Mallory	\$5 Muscle Blast 5:30-6:15pm TJ Indoors Lori	\$5 Cycle 7-7:45pm TJ Indoors	\$5 Cycle 7-7:45pm TJ Indoors & Long Bridge NEW! Shaun			

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.



Scan for the drop-in fitness web page!



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.
- **Machine Circuit:** Lift more than you thought you could with a coach encouraging you on new equipment you have not tried before!
- **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.

-
- **FREE Fitness Equipment Orientations:** Offered monthly. Email matkin@arlingtonva.us to sign-up, space is limited.
 - ⇒ **Thomas Jefferson:** 11th of September 1:30-2:30 p.m.
 - ⇒ **Lubber Run:** 19th of September 10:15-11:15 a.m.
 - ⇒ **Long Bridge:** 25th of September 5:30-6:30 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.