

18+ Drop-In Fitness Classes

SEPTEMBER 2025 (9/1 No classes)



Sign up for the list serve for class updates.

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
Cycle 6:30–7:15am Long Bridge Jennifer	\$6 Cycle 9-9:35am TJ Indoors Lori	Muscle Blast 6:30–7:15am Long Bridge Jennifer		\$6 Circuit 9-10am TJ Indoors Shanan		
\$6 Core & More 9:15–10am TJ Indoors Shanan	\$6 Muscle Conditioning 9:15-10am Lubber Run Lawn Michelle		Muscle Blast 11:40am-12:10pm Long Bridge Elissa	\$6 Yoga Pilates Fusion 10:05-10:50am TJ Room 35 Connie	Yoga 8-8:45am Long Bridge	Cycle 8:15-9am Long Bridge Carlos
NEW \$6 Rowing 10:15-10:50am TJ Indoors Michelle	Muscle Blast 12:15-1pm Long Bridge Elissa	\$6 Muscle Blast 12:15–1pm TJ Indoors Shanan	Yoga 12:15-1pm Long Bridge Elissa	\$6 Muscle Blast 12:15-1pm Lubber Run Studio Michelle		
\$6 Muscle Conditioning 12:15–1pm TJ Courts Michelle	Stretch 1:05-1:40pm Long Bridge Elissa	\$6 Yoga 6:15-7pm TJ Rm. 35 Connie	\$6 Muscle Conditioning 5:30-6:15pm TJ Plaza			
Yoga 6-6:45pm Long Bridge Anastassia	\$6 Muscle Blast 5:30-6:15pm TJ Indoors Jennifer	\$6 Cycle 7:15-8pm TJ Indoors Myron	Cycle 7:15-8pm Long Bridge Carlos	All Long Bridge memberships/passes (except the daily) include Long Bridge drop-in classes.		

Visit parks.arlingtonva.us. Drop-In cycle class registration optional.
Activity Numbers: 790100 (Long Bridge), 790120 (TJ)

Outdoor classes do NOT require a membership!

Indoor classes require a fitness membership or day pass

AND class fee (at TJ/Lubber Run).

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

Drop-In Class Fees

	Adult (18-54)	55+
One Class	\$6 (\$7 non-resident)	\$5 (\$6 non-resident)
10-Class Pass	\$50	\$40
Unlimited 3-Month Class Pass	\$110	\$90

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

Long Bridge Aquatics & Fitness Center

333 Long Bridge Dr. (22202) 703-228-3338

Thomas Jefferson Community & Fitness Center (TJ)

3501 S. 2nd St. (22204) 703-228-5920

Lubber Run Community Center

300 N. Park Dr. (22203) 703-228-4712



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.
- **Core:** Abs, balance, stability and full-body movements... come try something new!
- **Circuit:** Move from station to station trying new moves to test your strength, balance and stamina with an instructor encouraging you!
- **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.
 - ⇒ **Long Bridge:** 3rd of September 10-11 a.m. (Wednesday)
 - ⇒ **Lubber Run:** 9th of September 1:30-2:30 p.m. (Tuesday)
 - ⇒ **Thomas Jefferson:** 29th of September 1:30-2:30 p.m. (Monday)
 - **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.