

18+ Drop-In Fitness Classes

AUGUST 2026 (TJ closed 8/8-25; LB closed 8/17-30)

Signup for the list serve.



Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
	(Only 4th) \$7 Cycle 9-9:35am TJ Indoors Lori	(Ends 12th) Muscle Blast 6:30-7:15am Long Bridge	\$7 Core Mobility 9:15-10am Fairlington (8/6 & 27 TJ Inside) Shanan	(None 14 & 21) \$7 Circuit 9-10am TJ Indoors Shanan		
\$7 Core+More 9:15-10am Fairlington (8/3 TJ Inside) Shanan	\$7 Muscle Conditioning 9:15-10am Lubber Run Lawn Michelle	(Only 5 & 12) Mat Pilates 11-11:45am Long Bridge Leslie	(Only 6 & 13) Muscle Blast 11:25am-12:10pm Long Bridge Tammy		None 22 & 29 Yoga 8-8:45am Long Bridge	None 23 & 30 Cycle 8:15-9am Long Bridge Carlos
\$7 Muscle Conditioning 12:15-1pm TJ Park Michelle	(Only 4 & 11) Muscle Blast 12:15-1pm Long Bridge Tammy	(None 12 & 19) \$7 Muscle Blast 12:15-1pm TJ Indoors Shanan	(Only 6 & 13) Yoga Stretch 12:15-1pm Long Bridge Tammy	\$7 Muscle Blast 12:15-1pm Lubber Run Studio Michelle		
(Ends 3rd) \$7 Circuit 5:30-6:15pm TJ Indoors Michelle	(Only 4 & 11) Yoga Stretch 1:05-1:50pm Long Bridge Tammy	(None 12 & 19) \$7 Yoga 6:15-7pm TJ Rm. 35 Connie	(None 8/13) \$7 Muscle Conditioning 5:30-6:15pm TJ Plaza			
(None 17 & 24) Yoga 6-6:45pm Long Bridge Anastassia	(Only 4th) \$7 Muscle Blast 5:30-6:15pm TJ Indoors Jennifer	(None 12 & 19) \$7 Cycle 7:15-8pm TJ Indoors Myron				

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)

Indoor classes require a membership or day pass at that location AND class fee (at TJ/Lubber Run).

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

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

Drop-In Class Fees

	Adult (18-54)	55+
One Class	\$7 (\$8 non-resident)	\$6 (\$7 non-resident)
20-Class Pass (TJ/Lubber Run)	\$120 (\$140 NR)	\$100 (\$120 NR)
Long Bridge 10 Admission Pass	\$98 (\$127 NR)	\$67 (\$87 NR)
Unlimited 3-Month Class Pass	\$114	\$93

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. Connect poses and leave focused and energized.
- **Mat Pilates:** Strengthen your core, improve flexibility and gain strength. Starting with foundational moves, the class will build to offer a challenging workout with progressions and regressions to suit everyBODY.
- **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:** Drop-in monthly. Email matkin@arlingtonva.us with questions.

⇒ **Returning in September.**

- **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.