



# Fitness Center Hours

## January - February 2019

**All centers closed on holidays:**

January 1... New Year's Day  
January 21... Martin Luther King Jr. Day  
February 18... President's Day

LOCATION	THINGS TO DO	EQUIPMENT
<p><b>Thomas Jefferson Community Center</b> 3501 South 2<sup>nd</sup> Street (22204) (703) 228-5920</p> <p><b>Sundays:</b> 1 p.m. – 6 p.m. <b>Monday – Thursday:</b> 6 a.m. – 10 p.m. <b>Friday:</b> 6 a.m. - 2 p.m. <b>Saturdays:</b> 8 a.m. – 6 p.m.</p> <p><b>Adult Nights:</b> Tuesday &amp; Thursday (6:30 –10 p.m.) 18+ only with a valid membership <i>To join our Listserv, please visit our webpage or see a staff member in person for assistance.</i></p>	<p><b>Personal Training</b> <i>(additional fee)</i> <b>Drop-in Fitness Classes-</b> Cycling &amp; Aerobics <i>(additional fee)</i> <b>55+ Fitness Classes</b> <i>(additional fee)</i> <b>Aikido</b> <b>Drop-in Fitness Equipment</b> <b>Free Weight Room</b></p> 	<p>Indoor Track LifeFitness Treadmills Precor Elliptical Machines Recumbent Bikes: Lifecycle 9100, StarTrac Pro Upright Bikes: LifeFitness CLSR Concept 2 Rowers StairMaster Free Climber Stepper StairMaster Step Mills Cybex Arc Trainers VersaClimber, NuStep, Lateral X Selectorized equipment by Cybex, Matrix, and LifeFitness Cybex Smith Machine Cybex Cable Cross Over Dumbbells up to 100 lbs.</p>
<p><b>Arlington Mill Community Center</b> 909 South Dinwiddie Street (22204) (703) 228-7790</p> <p><b>Sunday:</b> 1 – 9 p.m. <b>Monday – Friday:</b> 7 a.m. – 10 p.m. <b>Saturday:</b> 10 a.m.– 10 p.m.</p>	<p><b>Drop-in Fitness Room</b></p> 	<p>LifeFitnessTreadmills LifeFitness Elliptical Machines LifeFitness Recumbent Bike LifeFitness Upright Bike SciFit Upper Body Ergometer Selectorized equipment by LifeFitness Smith Machine Dual Action Pulley Dumbbells up to 50 lbs.</p>
<p><b>Barcroft Sports and Fitness Center</b> 4200 South Four Mile Run Drive (22206) (703) 228-0701</p> <p><b>Sunday:</b> 11 a.m. – 9 p.m. <b>Monday – Thursday:</b> 8 a.m. – 10:30 p.m. <b>Friday:</b> 8 a.m. – 9 p.m. <b>Saturday:</b> 8 a.m. – 8 p.m.</p>	<p><b>Boxing</b> <i>(requires pre-registration)</i> <b>Fitness Classes</b> <i>(requires pre-registration)</i> <b>Drop-in Fitness Room</b></p>	<p>Precor Treadmills Precor Elliptical Machines LifeFitness Recumbent Bike LifeFitness Upright Bike Selectorized equipment by Cybex Cybex Smith Machine Dumbbells up to 60 lbs.</p>
<p><b>Fairlington Community Center</b> 3308 South Stafford St. (22206) (703) 228-6588</p> <p><b>Sunday:</b> Closed <b>Monday – Friday:</b> 8 a.m. – 9 p.m. <b>Saturday:</b> 8 a.m. – 5 p.m.</p>	<p><b>55+ Fitness Classes</b> <i>(additional fee)</i> <b>Fitness Classes</b> <i>(requires pre-registration)</i> <b>Drop-in Fitness Room</b></p>	<p>LifeFitness Treadmills Precor Elliptical Machines LifeFitness Recumbent Bikes LifeFitness Upright Bikes Concept II Rowers Matrix Smith Machine Selectorized equipment by Matrix Precor Cable cross over Dumbbells up to 60 lbs.</p>


The following Fitness Centers also have Game Rooms: Thomas Jefferson, Gunston, Arlington Mill & Langston Brown.  
Holiday Schedules posted at each center and [www.arlingtonva.us/dpr](http://www.arlingtonva.us/dpr)

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<p><b>Gunston Community Center</b>            2700 South Lang Street (22206)            (703) 228-6980</p> <p><b>Sunday:</b> Closed  <b>Monday – Friday:</b> 2 - 9 p.m.  <b>Saturday:</b> 9 a.m. – 4:30 p.m.</p>	<p><b>Drop-in Fitness Room</b></p>	<p>LifeFitness Treadmills            Precor Elliptical Machines            LifeFitness 9500 HR Recumbent Bike            StarTrac Pro Recumbent Bike            Concept 2 Rower            Cybex Cable Crossover            Matrix Leg Press            Dumbbells up to 65 lbs.</p>
<p><b>Langston-Brown Community Center</b>            2121 North Culpepper Street (22207)            (703) 228-5210</p> <p><b>Sunday:</b> Closed  <b>Monday, Wednesday, Friday:</b> 3 - 9:45 p.m.  <b>Tuesday &amp; Thursday:</b> 11 a.m. - 9:45 p.m.  <b>Saturday:</b> 9 a.m. – 3:45 p.m.</p>	<p><b>55+ Fitness Classes</b>  <i>(additional fee)</i>  <b>Personal Training</b>  <i>(additional fee)</i>  <b>Drop-in Fitness Room</b></p> 	<p>LifeFitness Treadmills            Precor Elliptical Machines            StarTrac Recumbent Bikes            Lifecycle 95ci Upright Bike            Concept 2 Rowers            Stairmaster Free Climber Stepper            Selectorized equipment by Cybex, Matirx            Cybex Smith Machine            Free Motion Cable Cross            Cybex Assist Dip/Chin &amp; Lat Pull-down            Dumbbells up to 60 lbs.</p>
<p><b>Madison Community Center</b>            3829 North Stafford Street (22207)            (703) 228-5310</p> <p><b>Sunday:</b> Closed  <b>Monday &amp; Wednesday:</b> 8 a.m. – 9 p.m.  <b>Tuesday &amp; Thursday:</b> 11 a.m. – 9 p.m.  <b>Friday:</b> 8 a.m. – 6 p.m.  <b>Saturday:</b> 10 a.m. – 1 p.m.</p>	<p><b>55+ Fitness Classes</b>  <i>(additional fee)</i>  <b>Drop-in Fitness Room</b></p>	<p>LifeFitness Treadmills            Precor Elliptical Machines            StarTrac Pro Recumbent Bike            Lifecycle Recumbent Bike            Lifecycle 9500 HR Upright Bike            StarTrac Pro Upright Bike            Concept 2 Rowers            Stairmaster Free Climber Stepper            Selectorized equipment by Cybex, Matrix            Cybex Smith Machine            Dumbbells up to 55 lbs.</p>

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