










**Come
Play
With Us!**



**Thomas Jefferson
Community Center**
Drop-in Group Exercise Class Schedule
3501 S. 2nd Street, Arlington, VA 22204

Effective: December 31, 2018 - March 1, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Cycle 6:30-7:15am		Cycle 6:30-7:15am Bruce		Cycle 6:30-7:15am Mary
	Beginner's Cycle 9:15 - 9:50am Bruce		Beginner's Cycle 9:15-10am Tish	
Muscle Conditioning 12-1pm Karen		Conditioning/ Core Training 12-1pm Karen		Muscle Conditioning 12-1pm Karen
	NEW! Muscle Conditioning 3-3:45pm Michelle/Marcia		NEW! Begins 1.10 Cycle 3:30-4:15pm Lara	
Muscle Conditioning 5:30-6:15pm Michelle		NEW! Circuit 6:00-6:45pm Michelle	Muscle Conditioning 6:00-6:45pm Michelle	
Cycle 6:30-7:15pm Tish				

*Afternoon (3:30pm) Cycle does not begin until Thursday 1/10. Closed: Mondays - 12/31 at 5pm, 1/21 and 2/18.
Classes or instructors are subject to change with little or no notice.*

To participate in the TJ Drop-in Group Exercise Program:

1. Have a County Wide Membership OR Purchase a TJ daily guest pass (\$8 Adult Resident, \$4 Senior Adult Resident, \$16 Adult/Senior Non-resident).
2. Then purchase a single class, 10 class, or quarterly class pass.
3. Enjoy your workout!

FEES

Adult Members (18-54)	\$5.00 per class
Adult Group Exercise Class Pass:	\$46.00 for a 10-class pass
	\$100.00 for an unlimited 3-month pass
Senior Adult Member (55+):	\$4.00 per class
Senior Group Exercise Class Pass:	\$37.00 for a 10-class pass
	\$80.00 for an unlimited 3-month pass

If you have any questions or comments about the **TJ Group Exercise Class Program**, please contact **Michelle Atkin** by e-mail (MAtkin@arlingtonva.us) or by phone (703-228-5933).

www.arlingtonva.us

Class Details

Class levels – 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 then help you learn proper techniques for a safe and effective workout and provide modifications as needed.

Warm-up – The first five to ten minutes of class are devoted to the warm-up, which gradually prepares the body for more vigorous activities.

Strength Training – Includes exercises designed to build muscular strength and endurance using weights, resistance tubing or your body weight. Resistance training can help keep you strong, burn fat, increase muscle tone and strengthen bone density.

Cardio – Classes involve activities that increase your heart rate to train the heart and lungs. They will help increase your stamina, burn fat, relieve stress and more!

Cool-down – The end portion of the class is devoted to stretching to help increase flexibility and prevent injury. If you must leave class early, please let the instructor know.

- **Cycle:** A 45-60-minute cardiovascular workout on an indoor spinning bike. Hard work and energetic music will make this work out a challenge for any rider. Each workout may incorporate the use of guided imagery, speed, endurance, strength, intervals, sprints, or hill training. Also- try **Beginner's Cycle**- a 35-45-minute class to learn the fundamentals of cycling.
- **Muscle Conditioning:** A 45-60-minute cardiovascular and strength training class that works all muscle groups through a variety of exercises with resistive equipment such as bands, dumbbells, and/or body bars. Each class includes a warm up, light aerobic workout and cool-down segment.
- **Conditioning/ Core Training:** A 60-minute class that trains your abdominal, obliques, and lower back muscles to improve posture, core strength, and balance.
- **Circuit:** A 45-minute class that alternates between cardio and strength stations for specific intervals of time. Rotate two or three times around the circuit for a full-body workout.

DROP-IN POLICIES - Classes and instructors are subject to change. If a minimum average of 8 participants is not met over a 6-week period, a sign-up sheet would be required and commitment of 8 participants to keep on the schedule until the next review period. Schedules will come out every 2-3 months. Classes are seasonal based on demand.

Additionally, there are classes offered at The Thomas Jefferson Community Center and throughout the County specifically designed to meet the needs of the senior adult population.

Please contact the Senior Adult Office at 703-228-4747 for more information.