

Drop-In Fitness Classes @TJ

February 1-29

No classes Mon., Feb. 17

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
Cycle 6:30-7:15am		Cycle 6:30-7:15am Bruce		Cycle 6:30-7:15am Mary	
	Beginner's Cycle 9:15-9:50am Lori		Beginner's Cycle 9:15-9:50am Reena		Muscle Conditioning 9:15-10am Lori (Rm. 35)
Muscle Conditioning 12:15-1:15pm Karen		Muscle Conditioning 12:15-1:15pm Karen		Muscle Conditioning 12:15-1:15pm Karen	
Cardio Tone 5:30-6:15pm Michelle	Rowing 5:15-5:50pm Michelle	Dance Fitness 5:15-6pm Yat Ping			
Stretch 6:25-7pm Michelle (Rm. 35)	Muscle Conditioning 6:05-6:50pm Michelle	Stretch 6:05-6:50pm Yat Ping (Rm. 35)	Muscle Conditioning 6:25-7:10pm Lori		

* Classes or instructors are subject to change with little or no notice.

Cancelations due to Weather: If TJ is open, class is on! We do not observe class cancellations for delays or early closings as long as the building is open, and an instructor is available. The weather hotline can be reached at (703) 228-4715.

Drop-In Class Fees for Arlington Residents*

	AC Fitness Member (18-54)	AC Fitness/55+ Member (55 and older)	No Fitness Membership (18-54)	No Fitness Membership (55 and older)
One Class	\$5	\$4	\$13	\$8
10-Class Pass	\$46	\$37		
Unlimited 3-Month Class Pass	\$100	\$80		

*Check with front desk regarding non-resident rates

For more information about the **TJ Group Exercise Class Program**, contact **Michelle Atkin** at MAtkin@arlingtonva.us or 703-228-5933.



DEPARTMENT OF PARKS
AND RECREATION

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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.

- **Cycle:** A 45-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. Try **Beginner's Cycle** for a shorter 35-minute ride.
- **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, kettle bells, balls, BOSUs and/or body bars. Each class includes a warm up, light aerobic workout and cool-down segment.
- **Cardio Tone:** A 45-minute cardiovascular and strength training class that keeps your heart rate up with a circuit or step drills among other exercises that also tone your muscles. Each class includes a warm up and cool-down segment.
- **Dance Fitness:** In 45 minutes, learn fun dance routines to popular tunes. Steps will be broken down and then combined to get the whole body moving and shaking. A variety of dance styles and genres of music will be taught. Improve your cardio, balance, coordination and memory.
- **Stretch:** A 45-minute class that takes you through poses, challenges your balance and then winds you all the way down nice and gently with stretches for the whole body.
- **Rowing:** Practice your technique and perfect your form as we break down the positions of each stroke. Improve your efficiency, so you can make that fly wheel zip and get your meters in to improve your cardiovascular endurance and core strength. 35 minutes. Five ergs available—first come, first served.

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- **FREE Fitness Equipment Orientations:** Offered the third week of every month. 1-2pm Space is limited, sign up at the community center front desk for specific dates.
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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.