



ARLINGTON COUNTY DEPARTMENT OF PARKS AND RECREATION

Arlington Fitness Academy

3501 2nd Street South, Arlington, VA 22204

Phone #

Cell #



Week

THEME:		PROGRAM HOURS: Mon- Fri 9 a.m. – 3 p.m		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Date:	Date:	Date:	Date:	Date :
Welcome/ Check in	Welcome/ Check in	Welcome/ Check in	Welcome/Check in	Welcome/ Check in
Orientation/Ice Breaker	9:15 AM workout @? Intro to yoga	9:15 AM workout @? <i>Boot camp style</i>	9:15 AM workout @ <i>Core/strength/cardio</i>	9:15 AM workout @
9:15 AM workout @ TJ <i>Core/strength/cardio</i>	11:00 AM Field Trip: American Parkour DC	11:00 AM Field Trip: Earth Treks Crystal City Rock climbing	11:00 AM Field Trip: George Mason fitness Center tour or Georgetown fitness center tour	11:00 AM Field Trip: Ft. Myer Obstacle Course tbd \ Cardio class at St James fitness Complex
11:00 AM Field Trip: Mountain Hike	Energy Trail Mix	Healthy Smoothies	2:00 PM “Let’s Talk Lifting”	2:00 PM Fitness Jeopardy
2:00 PM “Let’s talk Food”	2:00 “Let’s Talk Stretching”	2:00 PM “Let’s Talk Cardio”	Teen Choice	Teen Choice
Teen Choice	Teen Choice	Teen Choice	Teen Choice	
3 PM				
DIRECTOR: Shanan Knox		Calendar and programming subject to change due to weather conditions or number of participants enrolled to meet minimum standards.		Notes from STAFF: If you have any questions or suggestions please call our cell phone number or speak to one of our staff members.
PROGRAM SUPERVISOR: Kevin Clements 703-228-4729				