



Fitness Center Hours

January – March, 2017

All centers closed on holidays:

January 1 & 2... New Year's Holiday
 January 16... Martin Luther King Jr.'s Holiday
 January 20... Inauguration Day
 February 20... President's Day

LOCATION	THINGS TO DO	EQUIPMENT
<p>Thomas Jefferson Community Center 3501 South 2nd Street (22204) (703) 228-5920</p> <p>Sundays: 1–6 p.m. (<i>January 8 - March 26 only</i>) Monday – Thursday: 6 a.m. – 10 p.m. Fridays- (<i>until further notice</i>) Fitness Center: 6 a.m. - 2:30 p.m. Community Center 6 a.m. - 6 p.m. Saturdays: 8 a.m. – 6 p.m. Fitness Equipment available 8 a.m. – 6 p.m. Basketball courts, track, badminton, and indoor soccer are only available from 2:30 p.m. – 6 p.m.</p> <p>Adult Nights: Tuesday & 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>Personal Training <i>(additional fee)</i> Drop-in Fitness Classes- Cycling & Aerobics <i>(additional fee)</i> Senior Fitness <i>(OSAP registration req'd.)</i> Aikido Drop-in Fitness Equipment Free Weight Room</p>	<p>Indoor Track 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>Arlington Mill Community Center 909 South Dinwiddie Street (22204) (703) 228-7790</p> <p>Sunday: 1 – 9 p.m. Monday – Friday: 7 a.m. – 10 p.m. Saturday: 10 a.m.– 10 p.m.</p>	<p>Drop-in Fitness Room</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>Barcroft Sports and Fitness Center 4200 South Four Mile Run Drive (22206) (703) 228-0701</p> <p>Sunday: 11 a.m. – 9 p.m. Monday – Thursday: 8 a.m. – 10:30 p.m. Friday: 8 a.m. – 9 p.m. Saturday: 8 a.m. – 8 p.m.</p>	<p>Boxing <i>(requires pre-registration)</i> Fitness Classes <i>(requires pre-registration)</i> Drop-in Fitness Room</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>Fairlington Community Center 3308 South Stafford St. (22206) (703) 228-6588</p> <p>Sunday: Closed Monday – Friday: 8 a.m. – 9 p.m. Saturday: 8 a.m. – 5 p.m.</p>	<p>Senior Fitness <i>(OSAP registration req'd.)</i> Fitness Classes <i>(requires pre-registration)</i> Drop-in Fitness Room</p> 	<p>Precor Treadmills Precor Elliptical Machine Precor Recumbent bike Precor Upright bike Concept II Rowers Matrix Smith Machine Selectorized equipment by Matrix Precor Cable cross over Dumbbells up to 50 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

Fitness Center Hours

January – March, 2017

All centers closed on holidays:

January 1 & 2... New Year's Holiday
 January 16... Martin Luther King Jr.'s Holiday
 January 20... Inauguration Day
 February 20... President's Day

LOCATION	THINGS TO DO	EQUIPMENT
<p>Gunston Community Center 2700 South Lang Street (22206) (703) 228-6980</p> <p>Sunday: Closed Monday – Friday: 2 - 9 p.m. Saturday: 9 a.m. – 4:30 p.m.</p>	<p>Drop-in Fitness Room</p>	<p>LifeFitness Treadmill Precor Elliptical Machines LifeFitness 9500 HR Recumbent Bike Concept 2 Rower Cybex Smith Machine Cybex Cable Crossover Matrix Leg Press Dumbbells up to 65 lbs.</p>
<p>Langston-Brown Community Center 2121 North Culpepper Street (22207) (703) 228-5210</p> <p>Sunday: Closed Monday, Wednesday, Friday: 3 - 9:45 p.m. Tuesday & Thursday: 11 a.m. - 9:45 p.m. Saturday: 9 a.m. – 3:45 p.m.</p>	<p>Senior Fitness <i>(OSAP registration req'd.)</i> Personal Training Drop-in Fitness Room</p> 	<p>LifeFitness Treadmills Precor Elliptical Machine StarTrac Pro Recumbent Bike Lifecycle 95ci Upright Bike Concept 2 Rowers Stairmaster Free Climber Stepper Selectorized equipment by Cybex, Matrix Cybex Smith Machine Free Motion Cable Cross Cybex Assist Dip/Chin & Lat Pull-down Dumbbells up to 60 lbs.</p>
<p>Madison Community Center 3829 North Stafford Street (22207) (703) 228-5310</p> <p>Sunday: Closed Monday: 9 a.m. – 9 p.m. Tuesday & Thursday: 11 a.m. – 1 p.m. & 5 – 9 p.m. Wednesday: 9 a.m. – 1 p.m. & 5 – 9 p.m. Friday: 9 a.m. – 5 p.m. Saturday: 9:30 a.m. – 1 p.m.</p>	<p>Drop-in Fitness Room</p> 	<p>LifeFitness Treadmills Precor Elliptical Machines StarTrac Pro Recumbent Bikes Lifecycle 9500 HR Upright Bike Concept 2 Rowers Stairmaster Free Climber Stepper Selectorized equipment by Cybex, Matrix Cybex Smith Machine Stretching room Dumbbells up to 55 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