

ARLINGTON
PARKS, RECREATION & CULTURE

1100 Mansfield Webb Road, 76002 | 817-575-8340

Silver Strength, Zumba, Yoga, and SHiNE classes offer virtual and in-person options. Weights recommended when joining from home.

4600 West Bardin Road, 76017 | 817-561-2819

3200 Norwood Lane, 76013 | 817-277-5001

1817 New York Avenue, 76010 | 817-275-1351

Evening Zumba class is live-streamed from Beacon Recreation Center.

1601 Northeast Green Oaks Boulevard, 76006 | 817-459-6434

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
6:00 PM: Boot Camp	9:30 AM: Tai Chi 6:00 PM: Yoga Sculpt	6:00 PM: Rock Climbing	6:00 PM: Zumba	9:30 AM: Tai Chi
				<u>SATURDAY</u>
				9:30 AM: Zumba

Zumba: Fun, Latin music-driven workout that improves heart health, mobility, & toning.