


FALL FITNESS SCHEDULE

| | MON | TUE | WED | THU |
|----------|------------------------------------|-----------------------------|--|--|
| 6:15 AM | Strength | | Strength | |
| 8:00 AM | Silver Strength Yoga | Silver Strength | Silver Strength Yoga | Silver Strength |
| 8:30 AM | Silver Strength Silver Strength | Qigong | Silver Strength Silver Strength | |
| 9:00 AM | | Yoga Zumba Line Dance | | Yoga Zumba Line Dance |
| 9:15 AM | Zumba Pilates | | Zumba Pilates | |
| 9:30 AM | Chair Exercise Chair Yoga | Strength Tai Chi | Chair Exercise Chair Yoga Chair Exercise | Strength |
| 10:00 AM | | Yoga | | Yoga |
| 10:30 AM | Chair Exercise | Silver Strength | Yoga Chair Exercise | |
| 10:45 AM | Pilates | | | Pilates |
| 11:30 AM | | | Qigong | |
| 12:00 PM | | Tai Chi | Beginner Open Pickleball | Tai Chi |
| 1:00PM | Beginner Line Dance | Open Pickleball | Open Pickleball | Open Pickleball |
| 5:30 PM | Power Yoga | | | |
| 6:00 PM | Zumba Boot Camp | Yoga Strength | Rock Climbing | Yoga Zumba |
| 6:30 PM | Strength Zumba | Boot Camp Boot Camp | Strength Zumba | SHINE Boot Camp Boot Camp |
| | FRI | SAT | | |
| 6:15 AM | Strength | | BEACON | 817-575-8340 1100 Mansfield Webb Rd, 76002 |
| 8:00 AM | Silver Strength Yoga | | CLIFF NELSON | 817-561-2819 4600 W. Bardin Rd, 76017 |
| 8:30 AM | Silver Strength Silver Strength | | | |
| 9:00 AM | Yoga | | DOTTIE LYNN | 817-277-5001 3200 Norwood Ln, 76013 |
| 9:15 AM | Chair Exercise Pilates | | | |
| 9:30 AM | Chair Yoga Tai Chi | Zumba | EAST | 817-275-1351 1817 New York Ave, 76010 |
| 10:15 AM | | Yoga | | |
| 10:30 AM | Zumba | | ELZIE ODOM | 817-459-6434 1601 NE Green Oaks Blvd, 76006 |
| 1:00 PM | Open Pickleball | | | |

Virtual & in-person option available!
*Weights recommended when joining from home.

CLASS DESCRIPTION

| BOOT CAMP | CHAIR EXERCISE | CHAIR YOGA | LINE DANCE |
|--|---|---|---|
| Work at your own pace with a mix of strength training & bodyweight cardio. | Focus on stretching and improving your strength, balance, & muscle tone. | Improve balance, flexibility, & strength with gentle yoga poses while seated. | Have fun working out with dynamic line dances for beginners. |
| PILATES | POWER YOGA | QIGONG | ROCK CLIMBING |
| Improve flexibility, muscle control, & tone through core muscle groups. | A dynamic class combining strength, flexibility, & mindfulness. | Optimize energy within the body, mind, & spirit while improving health. | Get a full body workout with rock climbing. |
| SHINE | SILVER STRENGTH | STRENGTH | TAI CHI |
| Combine jazz, ballet, & hip-hop with exercises in a HIIT format for a full-body workout. | A safe & engaging resistance training class catered to our bodies as we age. | The perfect class to build muscle & increase tone. | A series of gentle physical exercises & stretches for meditation in motion. |
| YOGA | ZUMBA |  <div>NOW HIRING! Currently hiring fitness instructors, personal trainers, sports officials, sport assistants, and scorekeepers . Call 817-459-5463 to apply today!</div> | |
| A relaxing opportunity to improve mobility & strength. | Fun, Latin music-driven workout that improves heart health, mobility, & toning. | | |

|  ARLINGTON PARKS AND RECREATION MEMBERSHIPS | | BLUE | | | GREEN | | | GOLD | | |
|---|-------------|---|----------------|--------|--|----------------|--------|---|----------------|--------|
| | | Gym, Skating, Open/Lap Swim, Pickleball, Splash Pad | | | Gym, Skating, Walking Track, Open/Lap Swim, Pickleball, Splash Pad | | | Gym, Skating, Track, Open/Lap Swim, Pickleball, Splash Pad Gymnasium, Instructor-Led Fitness Classes, Discounts, Kid's Club | | |
| | | Resident Pricing | | | Resident Pricing | | | Resident Pricing | | |
| | | Auto Monthly | Month to Month | Annual | Auto Monthly | Month to Month | Annual | Auto Monthly | Month to Month | Annual |
| Youth | 3-12 | \$10 | \$18 | \$120 | - | - | - | \$17 | \$25 | \$204 |
| Teen | 13-17 | \$12 | \$20 | \$144 | \$17 | \$25 | \$204 | \$22 | \$30 | \$264 |
| Young Adult | 18-25 | \$14 | \$22 | \$168 | \$19 | \$27 | \$228 | \$27 | \$35 | \$324 |
| Adult | 26-59 | \$16 | \$24 | \$192 | \$20 | \$28 | \$240 | \$32 | \$40 | \$384 |
| Adult 60+ | 60-79 | \$5 | \$13 | \$60 | \$18 | \$26 | \$216 | \$26 | \$34 | \$312 |
| Adult 80+ | 80+ | - | - | - | - | - | - | \$2 | \$10 | \$24 |
| Family | 2-5 Members | \$35 | \$43 | \$420 | \$52 | \$60 | \$624 | \$72 | \$80 | \$864 |
| <ul style="list-style-type: none">• Non-resident pricing fees are approximately 30% higher than Resident pricing for all membership tiers listed above except 80+• Gold Adult 80+ non-resident: Auto Monthly \$5; Month to month \$13; Annual \$60 | | | | | | | | | | |