

# SPRING 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	Yoga
9:30 AM	Chair Exercise Chair Yoga	Strength Tai Chi	Chair Yoga	Strength
9:45 AM		Yoga		
10:30 AM	Chair Exercise	Silver Strength	Yoga Chair Exercise	
10:45 AM	Pilates			Pilates
11:00 AM			Qigong	
12:00 PM		Tai Chi		Tai Chi
1:00PM	Beginner Line Dance			
5:30 PM	Power Yoga			
6:00 PM	Zumba Boot Camp	Yoga Strength	Rock Climbing	Yoga Zumba
6:30 PM	Zumba Strength Zumba	Zumba	Zumba Strength Zumba	SHiNE SHiNE Boot Camp
	FRI	SAT	BEACON	817-575-8340 1100 Mansfield Webb Rd, 76002
6:15 AM	Strength		CLIFF NELSON	817-561-2819 4600 W. Bardin Rd, 76017
8:00 AM	Silver Strength Yoga		DOTTIE LYNN	817-277-5001 3200 Norwood Ln, 76013
8:30 AM	Silver Strength Silver Strength		EAST	817-275-1351 1817 New York Ave, 76010
9:00 AM	Yoga		ELZIE ODOM	817-459-6434 1601 NE Green Oaks Blvd, 76006
9:15 AM	Chair Exercise Pilates			
9:30 AM	Chair Yoga Tai Chi	Zumba		
10:15 AM		Yoga		Virtual & in-person option available! *Weights recommended when joining from home.
10:30 AM	Zumba			Class live-streamed from different location.

## 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	NOW HIRING!	
A relaxing opportunity to improve mobility & strength.	Fun, Latin music-driven workout that improves heart health, mobility, & toning.	<p>Currently hiring fitness instructors, personal trainers, sports officials, sport assistants, and scorekeepers.</p> <p>Click here or call 817-459-5463 to apply!</p>	

ARLINGTON 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			
		Resident Pricing			Resident Pricing			Resident Pricing			
Auto Monthly	Month to Month	Annual	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	

• 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