



A Fitness Membership Just *for* Teens!

Live a more active life. Become a FitArlington Teen Fitness Member and have access to all 7 fitness centers in the county!

Work Out at Your Own Pace! Work with facility staff to learn the proper use of fitness center equipment and how to incorporate the Teen Fitness Motto “Light Weight More Reps” into your workout!

Personal Training! If you need help creating a fitness program customized to YOUR individual goals and strength level! Sign up with one of Arlington county’s Personal Trainers 703-228-5916 or e-mail: jgordon@arlingtonva.us

Work Out for Less! One time fee of \$10 (\$20 for non-residents) covers your membership costs until your 18th BIRTHDAY!!!

How Does It Work? You must attend a one hour orientation training session to receive your membership. Orientation training sessions are available by appointment at [Arlington Mill](#) and [Thomas Jefferson Community Centers](#). Once you receive your membership card you can enjoy any of Arlington County’s Fitness Facilities.

Teens Work Out Everyday!!! If the facility is open you can work out at the following locations.

- [Arlington Mill Community Center](#)
- [Barcroft Sports & Fitness Center](#)
- [Fairlington Community Center](#)
- [Gunston Community Center](#)
- [Langston-Brown Community Center](#)
- [Madison Community Center](#)
- [Thomas Jefferson Community Center](#)



DEPARTMENT OF PARKS
AND RECREATION



Schedule A Training Session at the following locations!

[Arlington Mill Community Center](#) 703-228-7790 or [Thomas Jefferson Community Center](#) 703-228-5920