



SMALL GROUP TRAINING SCHEDULE (INSTRUCTOR)

Effective September 1

V - Virtual | I - In Person

MONDAY	
9:00-9:45 AM	V High Intensity Cardio (Barbara)
10:00-10:45 AM	V Low Impact Cardio (Barbara)
10:00-11:00 AM	V Pilates Mat w Props, Level 1-2 (Chip)
12:15-1:00 PM	V Chair Class (Susan)
1:00-2:00 PM	V Functional Movement (Lisa)
6:00-7:00 PM	V Tai Chi (Jen)
6:15-7:15 PM	VI Pilates Mat w Props, Lvl 1-2 (Chip)

TUESDAY	
6:45-7:30 AM	I Total Gym Total Body Workout (Jen)
9:00-9:55 AM	V Women Strength Train Int (Gabby)
10:05-10:50 AM	V Cardio Dance (Gabby)
6:30-7:30 PM	VI Pilates Mat w/ Props Lvl 3 (Lisa)

WEDNESDAY	
6:45-7:30 AM	V Ball and Band Class (Jen)
7:00-8:00 AM	I Men's Strength Training (Matt)
9:30-10:15 AM	V Breathe, Move, Relax (Kathryn)
10:30-11:30 AM	V Build. Better Bones: Dance (Fosse)
11:30-12:30 PM	VI Pilates 1 (Ashley T.)
6:15-7:15 PM	V TRX/Kettlebell Circuit (Bobby)
7:15-8:15 PM	VI Myofascial Stretching (Tracey)

THURSDAY	
6:45-7:30 AM	I Total Gym Total Body Workout (Jen)
9:00-9:55 AM	V Women Strength Train Int (Gabby)
10:00-11:00 AM	V Better Balance Class (Barbara)
10:30-11:15 AM	V Prenatal Fitness (Ashley C.)
11:00-12:00 PM	VI Stretch and Roll (Michelle)
11:30-12:30 PM	I Pilates on Total Gym (Chip)
6:00-7:00 PM	V Hatha Yoga (Michelle)

FRIDAY	
6:45-7:30 AM	V Ball and Band Class (Jen)
9:00-9:45 AM	VI Cardio Interval Training (Ashley C.)
10:00-11:15 AM	V Yoga (Nancy)
11:00-12:00 PM	V Strength Training Lvl 1 (Ashley C.)

SATURDAY	
9:00-10:00 AM	VI Pilates Mat w/ Props Lvl 1-2 (Gayle)
SUNDAY	
10:00-10:45 AM	V Move Groove & Flow (Anna)



SCAN HERE FOR CLASS DESCRIPTIONS AND REGISTRATION



YOGA | BREATH | INTERPLAY | TAI CHI

Join your body, mind, and spirit through the practice of movement, alignment, breath, relaxation, exploration, and awareness.

PILATES | FUNCTIONAL MOVEMENT

Center yourself with a focus on core strength, postural control, placement, dynamic stability, and movement quality.

TRX | KETTLEBELL

Practice strength and stability of the body when in motion to achieve aerobic and muscular endurance. We recommend taking the Total Body Conditioning class during this virtual class period.

HATHA YOGA

In this class you be guided slowly through posture sequencing designed to align you with a balanced approach to yoga. Learn yoga postures (asana), breathing exercises (pranayama) and meditation techniques in stages.

BALANCE

Improve balance with movement instruction to build reflexes and safety in activities of daily living.

MYOFASCIAL STRETCH

Connect deeply with your body, using foam rollers, massage balls, and stretch, to mobilize and elongate connective tissue-restricted by poor posture and repetitive strain.

FUNCTIONAL MOVEMENT | CHAIR

Link Pilates and daily functional movement patterns, freedom of movement, curiosity, and play. In Chair class, gently stretch, engage the core and build strength and cardiovascular fitness.

STRENGTH TRAINING | FULL BODY

Build strength and power through weight lifting barbells, dumbbells, med balls, and kettlebells with good form and technique for improved daily and recreational performance.

CARDIO | CARDIO DANCE | BUILDING BETTER BONES DANCE

Get your heart rate up, build your bone density, agility, balance, and coordination through interval training or dance.

TOTAL GYM

Move through all three planes to optimize movement efficiency. Mobilize what's stiff and strengthen what's weak.

410 S Maple Ave, Suite 100, Falls Church, VA 22046

703-527-9557 | www.bodydynamicsinc.com | info@bodydynamicsinc.com