



SMALL GROUP TRAINING SCHEDULE

Effective January 2023

*Schedule may be subject to change. To sign-up & see the most up to date schedule, scan the QR code on the back page!

IN-PERSON CLASSES

| | | | |
|--------|------------------|-----------------------------------|-----------|
| Mon. | 10:00 - 11:00 AM | Pilates, Level 1-2 | Chip |
| | 6:15 - 7:15 PM | Pilates, Level 1-2 | Chip |
| Tues. | 6:45 - 7:30 AM | Total Gym Total Body Workout | Jen |
| | 6:30 - 7:30 PM | Pilates Mat with Props, Level 3 | Lisa |
| Wed. | 7:00 - 8:00 AM | Men's Strength | Brian |
| | 10:30 - 11:30 AM | Building Better Bones: Dance | Grace |
| | 11:30 - 12:30 PM | Pilates, Level 1 | Ashley T. |
| | 6:15 - 7:15 PM | TRX/Kettlebell Circuit | Bobby |
| Thurs. | 6:45 - 7:30 AM | Total Gym Total Body Workout | Jen |
| | 8:30 - 9:30 AM | Women's Strength, Level 2 | Ashley C. |
| | 11:30 - 12:30 PM | Pilates on Total Gym, Level 1 & 2 | Chip |
| | 12:30 - 1:30 PM | Functional Movement | Lisa |
| Fri. | 9:00 - 9:45 AM | Cardio Interval Training | Ashley C. |
| | 11:00-11:55 AM | Women's Strength, Level 1 | Ashley C. |
| Sat. | 8:00 - 9:00 AM | BDI Bootcamp | Brianna |

VIRTUAL CLASSES

| | | | |
|--------|------------------|------------------------------|-----------|
| Mon. | 9:00 - 9:45 AM | High Intensity Cardio | Barbara |
| | 10:00 - 10:45 AM | Low Impact Cardio | Barbara |
| | 10:00 - 11:00 AM | Pilates, Level 1-2 | Chip |
| | 6:15 - 7:15 PM | Pilates, Level 1-2 | Chip |
| Tues. | 9:00 - 10:00 AM | Women's Strength, Level 2 | Gabby |
| | 5:30 - 6:15 PM | Cardio Dance | Gabby |
| | 6:30 - 7:30 PM | Pilates, Level 3 | Lisa |
| Wed. | 6:45 - 7:30 AM | Ball and Band Class | Jen |
| | 9:30 - 10:15 AM | Breathe, Move, Relax | Kathryn |
| | 10:30 - 11:30 AM | Building Better Bones: Dance | Grace |
| | 11:30 - 12:30 PM | Pilates, Level 1 | Ashley |
| | 6:15 - 7:15 PM | TRX/Kettlebell Circuit | Bobby |
| Thurs. | 10:00 - 11:00 AM | Better Balance Class | Barbara |
| | 12:30 - 1:30 PM | Functional Movement | Lisa |
| | 5:30 - 6:30 PM | Stretch and Roll | Gabby |
| Fri. | 6:45 - 7:30 AM | Ball and Band Class | Jen |
| | 9:00 - 9:45 AM | Cardio Interval Training | Ashley C. |
| | 10:00 - 11:15 AM | Yoga | Nancy |
| Sun. | 10:00 - 10:45 AM | Move, Groove, Flow | Anna |



BUILDING BETTER BONES: DANCE

Weight-bearing movements are performed to music to promote balance and coordination. This class is great for anyone looking to improve health and reduce the risk of osteoporosis - no dance experience needed!

TRX | KETTLEBELL

Our TRX Kettlebell Circuit focuses on your body's strength and stability while in motion and challenges your aerobic and muscular endurance. This class is designed for those with intermediate to advanced fitness.

BETTER BALANCE

This class focuses on improving balance for safety in daily living activities and is designed for anyone who wants to feel steadier, including those with diagnoses like MS.

YOGA

Yoga is the union of body, mind, and spirit, whether or not a perfect handstand is ever achieved. Learn the importance of alignment, breath, and listening to your body in this beginner-friendly practice.

STRETCH AND ROLL

Improve your flexibility, range of motion, and quality of life! Using a variety of stretch techniques, you will learn to optimize your flexibility in a safe, well-rounded, and effective manner.

FUNCTIONAL MOVEMENT

Gently strengthen your core, arms, and legs in this beginner-friendly class! We will focus on stretching, strengthening, and cardiovascular fitness.

LOW IMPACT CARDIO

Designed to welcome all levels of fitness and abilities, this low-impact cardio is a great way to get your heart rate up in a controlled manner.

BREATHE, MOVE, RELAX

An exploration of deep breathing techniques to encourage ease of movement, relaxation and gentle stretching.

CARDIO DANCE

This dance-based cardio class incorporates some or many forms of dance. All fitness levels are welcome- no previous dance experience required and gentle stretching.

CARDIO INTERVAL TRAINING

Alternating between periods of higher intensity cardio and shorter periods of less intense active recovery, this 45-minute class is great for anyone looking to get their sweat on without feeling overwhelmed.

MOVE, GROOVE, FLOW

This class provides an opportunity to get present and explore new aspects of physical movement in order to express emotion and thought, break habitual patterns, foster creativity, ground the body, and build connection.

PILATES, LEVEL 1 & 2

Focuses on cores strength, balance, and posture with modifications for participants as level appropriate. All are welcome!

PILATES - LEVEL 3

Focuses on stability, movement quality, balance, and more with our Level 3 Pilates Mat class! While designed for level 3, modifications will be made to welcome all levels - no equipment required.

BALL AND BAND CLASS

45 minutes of total body conditioning grounded in exercise science focuses on a balanced workout to support power, speed, and agility. Best for intermediate levels.

WOMENS STRENGTH, LEVEL 1

Practice correct technique with movements like squats, lunges, and hinges using a variety of equipment including bosu, kettlebells, TRX, and dumbbells. This class is suitable for all levels - beginners are welcome!

WOMENS STRENGTH, LEVEL 2

Ready for a slightly more challenging workout? This class includes plyometrics, bodyweight training, and weight lifting training with a higher pace and intensity.

**SCAN HERE TO LEARN MORE
& SIGN-UP FOR CLASSES:**



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