

Tysons Fall 2015

Mind & Body - Tysons Sport&Health

8250 Greensboro Dr. • McLean, VA 22102 • onelifefitness.com

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| Small Group Sessions | | | | | | |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|  | Start your  Motr: *6:10-6:55am*  ***Fay*** |  | PILATES: APPARATUS Level 2 *6:00-6:55am* |  |  |  |
|  |  |  |  |  |  |  |
| PILATES: APPARATUS Level 2 *8:30-9:25am* Fay |  | PILATES: APPARATUS Level 2 *9:00-9:55am*  ***Fay*** |  |  |  | PILATES: APPARATUS Level 2 *9:00-9:55am* Kris |
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|  | PILATES:ApparatusLevel 27:00-7:55pm ***Kris*** |  |  |  |  |  |
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***Club Hours:*** *Mon-Thurs: 5:00am-11:00pm •**Friday: 5:00am-10:00pm •**Saturday: 7:00am-8:00pm* *•*Sunday: 8:00am-8:00pm

**Visit onelifefitness.com/programs to register!**

**New to our Mind/Body Program?**

Do the first-timers package first to see if Pilates group setting is right for you.   
Get 3 one-on-one sessions for only $199!

**Email Fay Grove at fgrove@sportandhealth.com**

PILATES Group   
**For group pricing please email:**

[**fgrove@sportandhealth.com**](mailto:fgrove@sportandhealth.com)

**Cancelation policy:** Please provide at least 48-hour notice to your trainer otherwise you are responsible for the payment of the session.

**For more information, email Jen Echols at jen.echols@onelifefitness.com**

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**Pilates: Apparatus:** This Level 1 class could be just what you are looking for to change your fitness regime. The PILATES Reformer and other apparatus are for every BODY and it’s guaranteed you won’t be bored! Hundreds of exercises in supine, prone, kneeling & standing on a spring-loaded carriage for a full-body workout.

**Start your Motr: Video Vixen: class offers a more sensual and seductive take on Hip Hop by focusing on sharper precise movements that are more stylistic and less 'down and low'. Often seen in music videos, this sultry style of Hip-Hop is designed to unleash your femininity through artistic expression. As lighthearted as it may seem, the class is technical in nature and will teach intricate movements and combinations full of grace and poise, culminating in Hip-Hop choreography designed for the stage.** A 45-minute full body workout that will challenge your balance, strength, stamina. This roller is stable yet provides an unpredictable surface for cardio and plyometric exercises. Video Vixen: class offers a more sensual and seductive take on Hip Hop by focusing on sharper precise movements that are more stylistic and less 'down and low'. Often seen in music videos, this sultry style of Hip-Hop is designed to unleash your femininity through artistic expression. As lighthearted as it may seem, the class is technical in nature and will teach intricate movements and combinations full of grace and poise, culminating in Hip-Hop choreography designed for the stage. The structure of the MOTR, with the rounded surface and two independent pulleys, create an environment in which balance, proprioception and selective loading can stimulate the body in numerous ways and will help create myofascial balance.

**Yoga: Basics:** Perfect course for FIRST-TIMERS to Yoga. Learn a step-by-step method of doing yoga postures customized for your body. Props and preparatory poses will guide the way. In this hands-on series, you will find your functional flexibility, strength and balance while building stronger bones.

**For more information contact Mind/Body Director, Fay Grove at 703-637-7474 or email**

**fgrove@sportandhealth.com.**