

Fitness Center

Available 24/7

No

Intake Process

Please call for more information and for registration details.

Self Refer

Yes

Body Dynamics, Inc.

<https://www.bodydynamicsinc.com>

Main

(703) 988-6010

410 S Maple Avenue

Suite 100

22046 VA

United States

Monday: 6:00 am-9:00 pm

Tuesday: 6:00 am-9:00 pm

Wednesday: 6:00 am-9:00 pm

Thursday: 6:00 am-9:00 pm

Friday: 6:00 am-5:00 pm

Saturday: 8:00 am-4:00 pm

Sunday: 8:00 am-4:00 pm

Additional Availability Comments

Call for class times

Fee Structure

Fixed Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Fitness/wellness center specializing in physical therapy, pilates, personal training, massage therapy, fitness assessments, and group classes. Body Dynamics provides

physical therapy, fitness, and health and wellness programs that are individualized for clients of all ages and abilities with new or chronic conditions, and are implemented by a community of progressive professionals who are committed to innovative, exceptional, integrated care.

Personal training for strength, flexibility, endurance, balance and core control are available. Body Dynamics has a strong track record for getting injured athletes back to their sport and helping healthy athletes gain power, speed, and agility.

Service Area(s)

Alexandria City

,

Arlington County

,

Fairfax City

,

Fairfax County

,

Falls Church City

,

Loudoun County

,

Prince William County