

Class Schedule

MONDAY			
9:00 – 10:00am	RowFit - All Levels	Linda Bradish	Studio #1102
10:00 – 10:50am	Pilates Equipment – Gentle	Edie McArthur	Studio B
6:30 - 7:30pm	RowFit – All Levels	Kathleen Newmeyer	Studio #1102
TUESDAY			
9:00 – 10:00am	RowFit - All Levels	Linda Bradish	Studio #1102
9:00 – 9:50am	Pilates Equipment - Intermediate	Carol Tilford	Studio B
10:00 – 11:00am	Total Body Barre & Chair Yoga	Debby Rotter	Studio A + Virtual
6:30 – 7:20pm	Pilates Equipment – All Levels	Annette Harper	Studio B
6:30 – 7:30pm	Tai Chi – Beginners	Dan Moody	Studio A
7:30 – 8:30pm	Tai Chi - Advanced	Dan Moody	Studio A
WEDNESDAY			
10:00 – 11:00am	Tai Chi – Beginners	Dan Moody	Studio A
11:30 - 12:30pm	Dance for Brain Health	Sea Lee	Studio A
5:00 – 6:00pm	Forever Moving: Creative Movement Exploration for KIDS (6 – 10)	Sea Lee	Studio A
6:30 – 7:20pm	Pilates Equipment – All Levels	Annette Harper	Studio B
7:00 – 8:00pm	Belly Dance Beginners/All Levels (16+)	Sonia Monson	Studio A
THURSDAY			
9:00 – 9:50am	Pilates Equipment - Intermediate	Carol Tilford	Studio B
10:00 – 11:00am	RowFit – All Levels	Linda Bradish	Studio #1102
10:00 – 11:00am	Total Body Barre & Chair Yoga	Debby Rotter	Studio A + Virtual
7:00 – 8:00pm	Belly Dance – Intermediate/Advanced	Sonia Monson	Studio A
FRIDAY			
9:00 – 10:00am	RowFit – All Levels	Linda Bradish	Studio #1102
SATURDAY			
9:00 – 10:00am	Mat Pilates	Carol Tilford	Virtual Only
9:00 – 9:50am	Pilates Equipment – All Levels	Annette Harper	Studio B
4:00 - 5:00pm	English Country/Folk Dance (<i>Couples and singles welcome; drop-ins welcome too!</i>)	Dianne van der Reyden	Studio A
SUNDAY			
4:00 – 5:30pm	Sound Bath (<i>Third Sunday of each month</i>)	Iris McCray	MWG (W16)

Note: Newer classes are listed in red.

Register at <https://www.workhousearts.org/aom-reservations> or Call 703-584-2965 (updated 4/3/24)
Workhouse Arts Center | Art of Movement | 9510 Workhouse Way | Lorton, VA 22079