



City of Falls Church Fitness Challenge

Participating Businesses

Advantage Trainers

100 E Fairfax St

[Advantage Trainers](#) is a personal training studio that focuses on helping people with their long term fitness. They offer a welcoming environment for people who are new to working out. Their trainers are experienced in working with a wide range of ability levels and can modify exercises to fit any situation.

OUR OFFER

Advantage Trainers is offering a **FREE 30 minute consultation** with a trainer and **10% OFF** personal training in the month of April. To book, please email Eliot Corwin at eliot@advantagetrainers.com.

Balanced Female Fitness

[Balanced Female Fitness](#) offers group exercise classes and nutrition programs to support women in leading a happy & healthy lifestyle.

OUR OFFER

[Book](#) a **FREE CLASS** with Balanced Female Fitness (BFF) anytime during the Falls Church Fitness Challenge with code **FITNESS** at checkout. BFF classes are thoughtfully designed to incorporate cardio, strength, balance, and stretching/mobility – everything women need to build strong bodies for life – both in the sense of longevity and joy for all the activities you want to do! Classes are offered in the City of Falls Church and virtually. All fitness levels are welcome!

Barre3

450 N Washington St.

[Barre3's](#) efficient + effective workout combines strength, cardio, and mindfulness. When you work out at Barre3, you'll move through low-impact isometric moves, large-range cardio bursts, and mind-centering breath work.

OUR OFFER

Take three Barre3 classes for **just \$33** during the month of April when you mention the Falls Church Fitness Challenge! Email the studio at fallschurch@barre3.com to book. Classes must be taken within seven days.

Bikenetic

201 W Jefferson St

Bikenetic, established in 2011, specializes in bike service and commuter needs. They offer Mountain, Road, and Fitness/Hybrid Bikes, plus accessories. Their fully equipped repair shop handles everything from small fixes to major repairs, all with fast turnaround and a guarantee. A smile (and maybe a bad joke) is always included

OUR OFFER

Enjoy **5% OFF** any new in-stock bike and **15% OFF** any in-stock accessory or item. Stop by and gear up for your next adventure! Just say “Falls Church Fitness Challenge.”

Body Dynamics

410 S Maple Ave, #106

Body Dynamics focuses on creating a collaborative community, recognizing that each professional plays a critical role in supporting health. Regardless of where a patient is on the continuum of care, they work to ensure that the right clinicians provide support at the right time.

OUR OFFER

This April, to encourage Falls Church Fitness Challenge participants to better understand their body mechanics, Body Dynamics Inc. is offering a **\$50 Smart Movement Analysis**. Each Smart Movement Analysis includes your personalized movement score — a data-driven snapshot of how efficiently and safely your body moves — and a take-home exercise program. To schedule a movement analysis, please email frontdesk@bodydynamicsinc.com or call (703) 527-9557.

Fitness Challenge participants new to Body Dynamics group classes may also book their first class for **FREE**.

Club Pilates

116 Founders Ave

Club Pilates Falls Church is a reformer Pilates studio offering small-group, resistance-based workouts designed to build strength, stability, and mobility. Classes use the reformer, a specialized machine with adjustable spring tensions, to create a challenging yet low-impact workout suitable for all fitness levels. With class sizes capped at 12, members receive personalized guidance while enjoying the motivating energy of a supportive group.

**OUR
OFFER**

Throughout April, the studio is offering Falls Church Fitness Challenge participants a **FREE 30-minute Intro Class** — [book](#) yours today!

CorePower Yoga

444 W Broad St Suite L

[CorePower Yoga](#), believes a holistic workout should be fun, so you can expect intention-setting and energizing music in every class. From strength training to restorative yoga, their full range of intensity is designed for every body — and that includes beginners and experienced athletes.

**OUR
OFFER**

Join a **FREE Community Flow Class** every Sunday at 11am — just check the online [schedule](#) and book your spot. If you're new to CorePower, you can also enjoy a **FREE** week of unlimited classes to explore everything they offer.

Plus, a special **20% discount** is available for students, teachers, military members, seniors, medical workers, and first responders (verification required). View details and verify eligibility [here](#).

Encore Personal Training

1073 W Broad St. Unit 215

[Encore](#) is a private personal training studio in Falls Church.

**OUR
OFFER**

This April, Encore is offering:

- 1 free personal training session
- 1 free assisted stretch session
- 1 complimentary group fitness class

See how the studio can help you move, stretch, and train your best. Schedule your sessions at [encoremethod.com](#).

Falls Church Jazzercise

513 W Broad St. #230

[Falls Church Jazzercise](#) offers group fitness classes for all levels. Their classes incorporate dance cardio with strength training to sculpt and tone your muscles in the ultimate full-body workout.

OUR OFFER

Jazzercise is offering one **FREE class** anytime during the Falls Church Fitness Challenge. Visit their [website](#) to view the schedule and call or text them at 571-749-9021 or email fallschurchjazzercise@gmail.com with any questions.

Fifty/50 Martial Arts Academy

929 W Broad St #103

[Fifty/50](#) is NoVA's Premier Martial Arts Academy, owned & operated by UFC Fighter Ryan Hall.

OUR OFFER

This April, challenge yourself and your family to get stronger, more confident, and more disciplined — together!

FREE ONE Week Trial

All local youth and adults are invited to try Fifty/50's classes **FREE** for one full week! Experience the energy, community, and world-class instruction at Fifty/50 Martial Arts Academy in:

- Brazilian Jiu Jitsu
- Judo
- Wrestling

Family Martial Arts Membership - Just \$349 for the whole family!*

6-Week Family Membership for up to 4 Family Members \$349 (Over 50% OFF!) Unlimited training (up to 7 days per week) in Brazilian Jiu Jitsu, Judo & Wrestling

Youth Martial Arts Membership - Just \$75*

Set your child up for success with confidence, discipline, and fitness for just \$75. Includes access 2x per week for 6 weeks to all youth martial arts classes (Brazilian Jiu-Jitsu, Judo, & Wrestling)

Classes available for Pre-K through High School.

**Purchase by April 30, 2026 (Use by Oct 31, 2026)*

Jenny Mayo Mind & Movement

[Jenny Mayo Mind & Movement](#) practices & perspectives for stress reduction, peace & joy production meditation, restorative yoga, reiki, joyful dance, and more!

OUR OFFER

Enjoy **\$35 Off All 1-on-1 Sessions** (Reiki, Restorative & Reiki, Sound Healing, etc.) Use code **FITNESS** at checkout!

Karma Yoga

246-A W Broad St

At [Karma Yoga](#), experience a unique blend of powerful flows and athletic classes alongside slower, softer practices. It's a space to slow down, tune in, rewire, and connect through community practice, bringing yoga beyond the mat and into everyday life.

OUR OFFER

Yogi or aspiring yogi? Karma is offering a special membership that includes access to all classes for the month of April at **50% OFF their Unlimited Membership** pricing. Happy fitnessing, Falls Church! This membership is a one-time purchase, does not auto-renew, and is active only from April 1-30.

Monteverde Wellness

[Monteverde Wellness](#) helps busy professionals and their families manage chronic stress, anxiety and burnout and other mental and emotional ailments, through personalized online sessions combining meditation, guided breathing, and energy healing. Their sessions are intentionally designed to help clients find the relief they need to move from surviving to thriving in all areas of life.

OUR OFFER

During the month of April, they're offering Falls Church Fitness Challenge participants:

- **A FREE 30 minute online stress relief session.** Book your session [HERE](#) and enter and apply code APRIL26 at check out
- **50% off** for up to three online sessions of any length (30, 60 or 90 minutes). Book [HERE](#) and enter and apply code FITNESS26 at checkout
- **50% off** for up to **three gift certificates!** Purchase [HERE](#) (scroll down to gift certificates) and enter and apply code GIFT26 at checkout

Contact info@monteverde-wellness.com with any questions.

MovePhysioFit

400 N Washington St Suite 207

[MovePhysioFit](#) provides Individualized, effective physical therapy and Pilates with expertise and intention.

OUR OFFER

In-studio special for the month of April: When you book and mention “Fitness Month,” enjoy either **\$80** for a **Pilates private one-on-one session** (normally \$130) or a **free Pilates reformer class**. [Email](#) Kathleen Melia to book.

NOVA Body Lab

431 Park Ave #101

Know your numbers, own your potential, and elevate your health IQ with [NOVA Body Lab](#).

OUR OFFER

Get **15% OFF** any DEXA, RMR or VO2 Max and Red and Near-Infrared Therapy when you mention the Falls Church Fitness Challenge in April. Book [online](#) using the code **FCFITNESS26**.

Orangetheory

510 S Washington St

[Orangetheory](#) is a 1-hour, heart rate zone workout designed to deliver fitness for all fitness levels.

OUR OFFER

Falls Church Fitness Challenge participants can also unlock a special discount on Elite or Premier memberships.

Peaceful Mind Yoga Therapy

300 N Washington St,

[Peaceful Mind Yoga Therapy](#) offers therapeutic yoga for pain relief, injury recovery, and healthy aging for individuals and small groups in a private, fully accessible studio.

OUR OFFER

They're offering a **FREE Gentle Yoga Class** during the month of April, in person or online, and a **\$90 75-minute new client Yoga Therapy intake session** (regular price \$160). Please email asyahaikin@gmail.com to book.

Perspire Sauna Studio

7140 Leesburg Pike

[Perspire's](#) saunas combine the centuries-old healing practice of traditional saunas with the science-backed technology of infrared (IR) and red light therapy (RLT) to optimize your health and wellness.

OUR OFFER

They're offering **\$20 intro sessions** throughout April. Sessions can be booked [here](#).

Pilates by Stacey

807 Jackson St

[Pilates at Stacey's](#) provides a judgment-free, progress-not-perfection type of practice. They offer small group classes to help you make adjustments, learn how to do the moves correctly, and gain maximum benefit from every workout.

OUR OFFER

One FREE Pilates Suspension Training Class, Saturdays or Sundays in April at 10:10 am: Pilates Suspension classes use a suspension trainer (think TRX) to add additional balance and strength challenges beyond those offered in a mat class. Though athletically focused, moves can be modified for various fitness levels. No previous experience required. Please contact Stacey at pilatesatstaceys@gmail.com to register.

One FREE MELT Mat Pilates Class, Mondays in April at 5:30 pm: MELT Mat Pilates integrates MELT Method techniques with the mat work to prepare and warm up the body and to assist with deeper core connection throughout class. As with all Pilates at Stacey's classes, exercises are performed in a series of slow, controlled movements to challenge the core muscles, improve posture, and increase flexibility,

mobility, and strength. The MELT Method is a perfect complement as it prepares the body during the warm-up for the demands of the workout. During class a specialized MELT half foam roller is used as a prop under the ribs or pelvis or along the spine to help participants find a deeper connection to their core, thus increasing stability. No previous experience required and the class is appropriate for all fitness levels. Functional movement at its finest!

Please contact Stacey at pilatesatstaceys@gmail.com to register

Pinling Pilates *400 N Washington St Suite 207*

[Pinling Pilates](#) takes an educational approach to the Pilates method and movement analysis, helping students better understand their bodies and how to move efficiently with grace, power, and control.

OUR OFFER Try out Pinling Pilates this April and get:

- **\$50 off** a 1:1 private session
- First small group class — **FREE**
- Second small group class — **just \$25!**

Email [Pinling Lin](#) for discount codes to book online

Postural Pathways *929 W Broad Street, Ste 103*

[Postural Pathways](#) is dedicated to helping people move better, train smarter, and build resilient bodies through a modern, education-driven approach to human performance. Postural Pathways bridges the gap between rehabilitation, performance training, and long-term physical preparedness. The practice emphasizes movement quality, strength, and adaptability in a supportive, practical environment.

OUR OFFER As part of the Falls Church Fitness Challenge, they are excited to offer **FREE consultations and movement assessments** along with a **30% discount on initial in-person or online training discount**. Please email josh@posturalpathways.com for more information and to set up a meeting.

Rumble Boxing

118 Founders Row

[Rumble Boxing](#) is built on the belief that the energy from one workout can fuel the entire day. They know that hard work and high energy go hand in hand—pushing limits while bringing the hype. More than just a workout, Rumble creates a space where good vibes are shared, challenges are embraced, and every round is a chance to level up. At its core, Rumble is about community — because they believe in the power of lifting each other up and showing up strong, together.

OUR OFFER

Rumble101 – Community Class Series

Get ready to throw some punches! Rumble is inviting Falls Church residents to try out **Rumble101**, a beginner-friendly, boxing-inspired fitness class. They're offering a special series of **COMPLIMENTARY** classes just for the community, with gloves and wraps provided — everything you need to jump in and get moving. All three classes feature a special collaboration with [Roll Play Grill](#), offering coffee, refreshments, and light snacks to enjoy after class!

Join them:

- Saturday, April 11 at 12pm
- Wednesday, April 15 at 6:30pm
- Thursday, April 23 at 12pm

It's a fun, high-energy way to try Rumble, meet fellow residents, and get a taste of what their studio has to offer. The whole Little City can get in on the action!

Scramble

130 E Fairfax St

[Scramble](#) offers both physical play and cognitive play with activities aimed at the whole child and their healthy development.

OUR OFFER

During the month of April, participants in the Falls Church Fitness Challenge can book a Scramble party and receive **20% off weekend party packages** and **35% off weekday party packages**. Parties may be scheduled for a future date, but the discount applies only to parties booked during the month of April. To book, please email eventsinfo@goscramble.com.

Additionally, guests who mention the Fitness Challenge in person at the Scramble Falls Church location will receive **10% off café and bookstore purchases**.

Strategies for Better Health

Similar to a personal trainer experience, [Strategies for Better Health](#) empowers individuals, families, and seniors to make practical diet improvements that fit their daily routines and lifestyle. Instead of short-term diets or quick fixes, they help clients build healthy habits for longevity, disease prevention, and weight management. The program relies on evidence-based nutrition, with nothing to buy except real food.

OUR OFFER

Receive a **20% discount** on Strategies for Better Health's comprehensive six-week nutrition coaching program. This fully customized, one-on-one coaching experience is designed to fit your unique daily routines and capacity for implementation. Through weekly consultations and frequent check-ins, you will learn to navigate complex nutrition information and build lasting habits that support your long-term health and wellness.

To reserve your spot, please email annemarie@strategiesforbetterhealth.com or call 703-278-2775. Valid for purchase by April 30, 2026 with program completion by December 15, 2026.

STRIKELAB

1000 E Broad St

Train at the best technical boxing, kickboxing and Muay Thai gym in the DMV. No matter your fitness level, experience, or age, [STRIKELAB](#) is a true "striking" gym. Kids can get in on the fun too, as STRIKELAB has an after-school program for kids ages 6-14.

OUR OFFER

Use the code **FITNESS** to book your **FREE class** during the Falls Church Fitness Challenge. The code is valid only for the specific classes listed below.

- Junior Champs – for ages 6-14, Monday through Friday @ 4:30pm
- Strong Fundamentals, Monday or Tuesday @ 5:30pm
- Boxing I, Thursdays @ 5:30pm
- Muay Thai/Kickboxing, Saturdays @ 10:45am

Bonus Offer: Sign up for a STRIKELAB membership in April, and they'll throw in a **FREE 1-hour private training session** with one of their highly experienced coaches, normally \$115. Classes can be booked online, by emailing support@strikelabfitness.com or by calling 703-299-0031

Transitional Wellness for Women

[Transitional Wellness for Women](#) provides individual personal training to guide you through your unique perimenopause and menopause transition.

OUR OFFER

In celebration of the Falls Church Fitness Challenge, Transitional Wellness for Women is offering a **25% discount on Wellness Program Creation** in April. This program is designed for women 40+ who enjoy working out but may lack confidence in their technique or need help creating a structured program that maximizes results. Whether you have workout equipment at home or belong to a gym, this program provides expert guidance to help you create effective, personalized workouts.

What's Included:

- A one-time 30-minute initial consultation and fitness assessment.
- A weekly exercise program tailored to your individual goals.
- A 20-minute weekly virtual check-in to keep you on track.

VigeoPT

150 S Washington St Suite 501

[VigeoPT](#) is made up of a dedicated team of experienced physical therapists located in the City of Falls Church. VIGEO PT is proud to support the community. Whether you're working toward new goals or just starting your journey, they're ready to help you stay strong, prevent injuries, and perform at your best.

OUR OFFER

Exclusive Fitness Challenge Discounts:

- \$75 Evaluation Rate (normally \$150)
- 20% Off Physical Therapy Visits.