



RESTORATIVE
THERAPY CO.

VIRTUAL CLASS LIBRARY

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Yoga Class		Time	Low Impact Fitness		Time	Relaxation		Time
Short Chair Yoga		30 min	Arms & Upper Back I		10 min	Alternative Nostril Breathing		5 min
Chair Yoga		45 min	Arms & Upper Back II		60 min	Body Part Breathing		15 min
Coregeous Ball Roll Out		10 min	Core Fitness Foundations I		60 min	Coregeous Ball Roll Out		10 min
Foam Rolling Sequence		15 min	Core Fitness Foundations II		5 min	Foam Rolling Sequence		15 min
Gentle Flow with Mollie		60 min	Core Fitness Foundations III		8 min	Mindful Movement		50 min
Mindful Movement I		50 min	Core Fitness Plank Progressions I		15 min	Quick Relaxation Chair/Seated		10 min
Mindful Movement II		50 min	Core Fitness Plank Progressions II		40 min	Relaxation		45 min
Mindful Movement III		50 min	Core Fitness Plank Progressions III		60 min	Seated Sun Salutation		10 min
Pigeon Pose		5 min	Core Fitness Plank Progressions IV		10 min	Standing Sun Salutation		10 min
Seated Sun Salutation		10 min	Coregeous Ball Roll Out		10 min			
Spinal Mobility I		40 min	Foam Rolling Sequence I		15 min	PT Education		
Spinal Mobility II		60 min	Foam Rolling Sequence II		15 min	Better Body Awareness		3 min
Spinal Mobility III		60 min	Glutes & Legs I		15 min	Cortical Smudging		5 min
Stability Yoga I		60 min	Glutes & Legs II		60 min	Desk Posture		5 min
Stability Yoga II		60 min	Lunging		3 min	Guite to Pain		3 min
Stability Yoga III		60 min	The hip hinge & deadlift		5 min	Hips Back or SIJ out of Place		3 min
Standing Sun Salutations		10 min	Whole Body -Low Impact I		10 min	How to use Keystone Habits		3 min
Vin-Yin Yoga I		30 min	Whole Body - Low Impact II		50 min	How to use Blood Flow		2 min
Vin-Yin Yoga II		60 min	Whole Body - Low Impact III		50 min	Lunging		3 min
Yoga Flow I		60 min	Whole Body - Low Impact IV		60 min	Pigeon Pose		5 min
Yoga Flow II		60 min	Whole Body - Low Impact V		50 min	The Hip hinge & Deadlift		5 min
Yoga Flow III		60 min						
Yoga for Runners		30 min						
Legs		Time	Therapeutic Stretch		Time	Core		Time
FIT Routine for Glutes & Legs I		30 min	Coregeous Ball Roll Out		10 min	Core Fitness Plank Progressions I		15 min
FIT Routine for Glutes & Legs II		15 min	Desk Stretch		15 min	Core Fitness Plank Progressions II		15 min
Glutes & Legs FIT Class		60 min	Foam Rolling Sequence I		15 min	Core Fitness Foundation I		20 min
			Foam Rolling Sequence II		15 min	Core Fitness Foundation II		5 min
			Lower Back & Hips Stretch I		10 min	Core Fitness Foundation III		5 min
			Lower Back & Hips Stretch II		20 min	Core Fitness Foundation IV		40 min
			Lower Back & Hips Stretch III		30 min	Core Fitness Foundation V		60 min
			Lower Back & Hips Stretch IV		30 min	Core Fitness Foundation VI		15 min
			Lower Back & Hips Stretch V		30 min	Core Fitness Foundation FIT Class I		60 min
			Morning Stretch		5 min	Core Fitness Foundation FIT Class II		60 min
			Neck & Upper Stretch		45 min			
			Neck & Back Stretch		10 min	Recovery		
Arms			Education			Chair Yoga - Whole Body		30 min
Arms & Upper Back		10 min	Physio FIT Arms		20 min	Foam Rolling Sequence		15 min
Arms & Upper Back FIT Class I		60 min	Physio FIT Core Plank		15 min	Recovery Lower Back & Hips I		10 min
Arms & Upper Back FIT Class II		45 min	Physio FIT Legs		10 min	Recovery Lower Back & Hips II		20 min
			Physio FIT Whole Body		15 min	Recovery Lower Back & Hips III		30 min
			Physio FIT Core Foundation		15 min	Recovery Lower Back & Hips IV		30 min
Whole Body						Mindful Movement		50 min
Whole Body Impact Fitness I		10 min				Recovery Neck & Upper Back		45 min
Whole Body Impact Fitness II		50 min				Nerve Tension		10 min
Whole Body Impact Fitness III		30 min						
Whole Body FIT Class I		60 min						
Whole Body FIT Class II		60 min						

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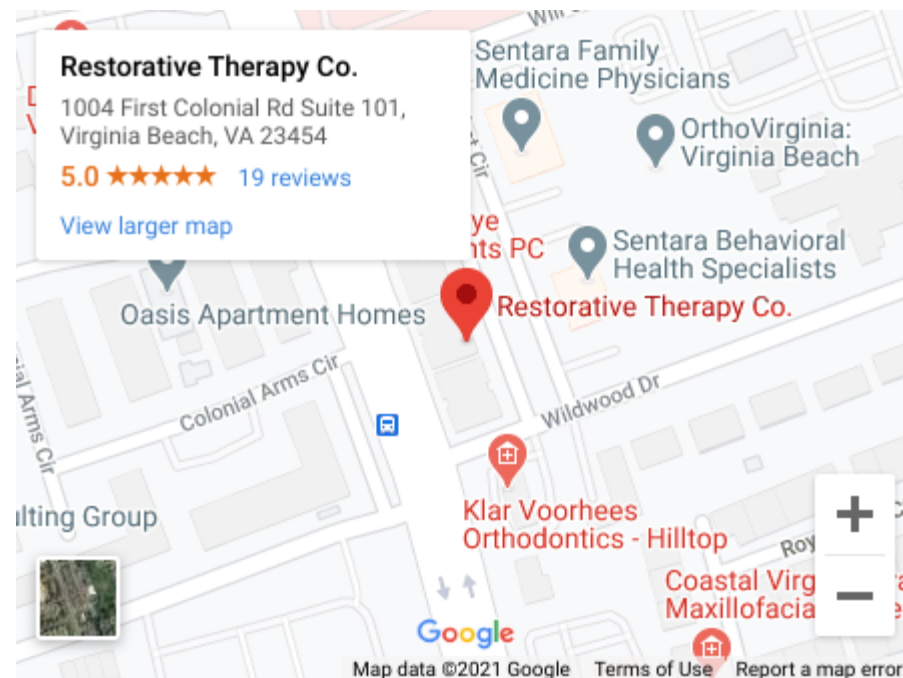
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