



THE CLUB AT
KINGSMILL
WILLIAMSBURG, VIRGINIA



FEBRUARY 1ST – FEBRUARY 7TH

Tuesday, February 1st

	CLASS / LOCATION	INSTRUCTOR
7:00am-8:00am	YOGA / FITNESS ROOM 1	JOANNE
8:30am-9:30am	HIIT / FITNESS ROOM 1	TIA
8:30am-9:30am	SPIN & STRENGTH / STUDIO 2	KRISTEN
8:30am-9:30am	WATER AEROBICS / INDOOR POOL	LANA
9:30am-10:30am	WATER AEROBICS / INDOOR POOL	JOANNE
9:30am-10:30am	RYTHMIC STEP / FITNESS ROOM 1	LANA

RED = ADVANCED RESERVATION REQUIRED
BLUE = FACEBOOK LIVE OPTION

Wednesday, February 2nd

	CLASS / LOCATION	INSTRUCTOR
6:00am-7:00am	CYCLE / STUDIO 2	THOMAS
7:15am-8:15am	CYCLE / STUDIO 2	THOMAS
7:30am-8:30am	VINYASA / FITNESS ROOM 1	COLLEEN
8:30am-9:30am	WATER AEROBICS/INDOOR POOL	JOANNE
8:30am-9:30am	SPIN 45 / STUDIO 2	KRISTEN
9:00am-10:00am	HIIT / FITNESS ROOM 1	TIA
9:30am-10:30am	WATER AEROBICS / INDOOR POOL	JOANNE
5:00pm-6:00pm	MUSCLE SCULPT/FITNESS ROOM 1	JOANNE

RED = ADVANCED RESERVATION REQUIRED
BLUE = FACEBOOK LIVE OPTION

Thursday, February 3rd

	CLASS / LOCATION	INSTRUCTOR
7:30am-8:30am	PILATES FUSION/FITNESS ROOM 1	COU
8:30am-9:30am	BALANCE / FITNESS ROOM 1	LANA
8:30am-9:30am	WATER AEROBICS / INDOOR POOL	JOANNE
8:30am-9:30am	SPIN & CIRCUITS / STUDIO 2	KRISTEN
8:30am-9:30am	TABATA/RESORT PLAYGROUND	TIA
9:30am-10:30am	WATER AEROBICS / INDOOR POOL	JOANNE
9:30am-10:30am	STRENGTH / FITNESS ROOM 1	LANA
4:00pm-5:00pm	YIN YOGA / FITNESS ROOM 1	EVI

BLUE = FACEBOOK LIVE OPTION

Friday, February 4th

	CLASS / LOCATION	INSTRUCTOR
6:00am-7:00am	CYCLE / STUDIO 2	THOMAS
7:30am-8:30am	GENTLE YOGA/FITNESS ROOM 1	COLLEEN
8:30am-9:30am	WATER AEROBICS/INDOOR POOL	LLOYD
8:30am-9:30am	MUSCLE SCULPT/RESORT LOT	KRISTEN
9:30am-10:30am	WATER AEROBICS/INDOOR POOL	LLOYD
4:00pm-5:00pm	HATHA YOGA/FITNESS ROOM 1	EVI

RED = ADVANCED RESERVATION REQUIRED
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Saturday, February 5th

	CLASS / LOCATION	INSTRUCTOR
8:00am-9:00am	PILATES FUSION/FITNESS ROOM 1	COU
8:30am-9:30am	WATER AEROBICS/INDOOR POOL	HEATHER
8:30am-9:30am	CYCLE / STUDIO 2	CARLO
9:30am-10:30am	MUSCLE SCULPT/FITNESS ROOM 1	HEATHER

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Sunday, February 6th

	CLASS / LOCATION	INSTRUCTOR
9:00am-10:00am	WATER AEROBICS/INDOOR POOL	JOANNE

Monday, February 7th

	CLASS / LOCATION	INSTRUCTOR
6:00am-7:00am	CYCLE / STUDIO 2	THOMAS
7:15am-8:15am	CYCLE / STUDIO 2	THOMAS
8:00am-9:00am	PILATES FUSION/FITNESS ROOM 1	COU
8:30am-9:30am	WATER AEROBICS/INDOOR POOL	JOANNE
8:30am-9:30am	HIIT / RESORT LOT	KRISTEN
9:30am-10:30am	WATER AEROBICS/INDOOR POOL	JOANNE

RED = ADVANCED RESERVATION REQUIRED