



## February Fitness Schedule

**PLEASE NOTE- Pilates Reformer Classes require preregistration**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> 8:30-9:20 Cycle- Dina Studio III 8:30-9:20- Water Aerobics- Heather 9:30-10:20- Muscle Sculpt –Heather

*\*Member Only Class*

  
 THE CLUB AT  
**KINGSMILL**  
 WILLIAMSBURG, VIRGINIA

2	3	4	5	6	7	8
	<b>6 am – 6:50 am</b> *Cycle – Thomas – Studio iii <b>7 am – 7:50 am</b> *Golf Yoga - Sharon <b>8:30 am – 9:20 am</b> Aqua Zumba- Atsuko <b>8:30 am – 9:20 am</b> Strength - Dina <b>9:30 am – 10:20 am</b> Muscle Sculpt – Heather <b>12:00-12:45</b> Yoga with Weights – Meghan <b>Tai Chi- 5:00-5:50- Alana</b> <b>6:30 pm - 7:20 pm</b> Bollywood Dance - Minoo	<b>6 am – 6:50 am</b> *Cycle Fusion – Thomas – Studio iii <b>7 am – 7:50 am</b> Yoga - Kim <b>8:30 am – 9:20 am</b> *HIIT – Tia <b>*8:30-9:20</b> Pilates with Reformer – Cou Game Room <b>8:30 am – 9:20 am</b> Water Aerobics - Lana <b>9:30 am – 10:20 am</b> *Rhythmic Step – Lana <b>10:30 am - 11:20 am</b> Hatha Yoga - Evi <b>5:30 pm – 6:20 pm</b> Pilates with Reformer Intermediate- Martha Game Room	<b>6 am – 6:50 am</b> *Cycle – Thomas – Studio iii <b>7 am – 7:50 am</b> *Longevity Yoga - Sharon <b>8:30 am – 9:20 am</b> Water Aerobics - Tia <b>8:30 am – 9:20 am</b> Spin and Strength – Dina <b>8:30-9:20</b> *Pilates with Reformer Cou- Game Room <b>9:30 am – 10:20am</b> Core - Tia <b>10:30 am – 11:20 am</b> *Gentle Stretch- Christine <b>12:00- Hiit and Strength-</b> <b>Megan</b> <b>5:00 pm – 5:50 pm</b> Muscle Sculpt- Meghan	<b>6 am – 6:50 am</b> *Cycle Fusion – Thomas – Studio iii <b>7 am – 7:50 am</b> *Mat Pilates - Martha <b>8:30 am – 9:20 am</b> *Pilates with Reformer – Cou – Game Room <b>8:30 am – 9:20 am</b> Balance – Lana <b>8:30 am – 9:20 am</b> Aqua Zumba <b>8:30 am – 9:20 am</b> *Tabata - Tia <b>9:30 am – 10:20 am</b> Strength – Lana <b>9:30-10:20- Water</b> <b>Aerobics- Tia</b> <b>10:30-11:20</b> Zumba -Theresia <b>5:30 pm – 6:20 pm</b> Yin Yoga – Evi - Studio iii <b>*5:30-6:20 pm</b> Pilates with Reformer – Cou – Game Room	<b>6 am – 6:50am</b> *Cycle – Thomas – Studio iii <b>7:00 am – 7:50 am</b> *Gentle Yoga - Dawn <b>8:30 am – 9:20 am</b> *Strength & Conditioning - Tia <b>8:30 am – 9:20 am</b> Water Aerobics - Christine <b>9:30 am – 10:20 am</b> Muscle Sculpt – Tia <b>10:30 am - 11:20 am</b> Gentle Stretch – Christine	<b>8:30 am – 9:20 am</b> Water Aerobics - Christine <b>8:30 am – 9:20 am</b> *Cycle – Dina - Studio iii <b>9:30 am – 10:20 am</b> Muscle Sculpt – Theresia

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9	10	11	12	13	14	15
	<p><b>6 am – 6:50 am</b> *Cycle – Thomas - Studio iii</p> <p><b>7 am – 7:50 am</b> *Golf Yoga – Sharon</p> <p><b>8:30 am – 9:20 am</b> Water Walking</p> <p><b>8:30 am – 9:20 am</b> Spin &amp; Strength – Dina - Studio iii</p> <p><b>9:30 am – 10:20 am</b> Muscle Sculpt – Heather</p> <p><b>12:00- 12:45</b>-Yoga with Weights- Meghan</p> <p><b>5:00-5:50 Tai Chi- Alana</b></p> <p><b>6:30 pm - 7:20 pm</b> Bollywood Dance - Minoos</p>	<p><b>6 am – 6:50 am</b> *Cycle Fusion – Thomas - Studio iii</p> <p><b>7 am – 7:50 am</b> Yoga - Kim</p> <p><b>8:30 am – 9:20 am</b> *HIIT – Tia</p> <p><b>*8:30-9:20</b> Pilates with Reformer- Cou- Game Room</p> <p><b>8:30 am – 9:20 am</b> Water Aerobics - Lana</p> <p><b>9:30 am – 10:20 am</b> *Rhythmic Step – Lana</p> <p><b>10:30 am - 11:20 am</b> Yoga - Evi</p> <p><b>5:30-6:20 pm –</b> *Pilates with Reformer – Intermediate level- Martha – Game Room</p>	<p><b>6 am – 6:50 am</b> *Cycle – Thomas - Studio iii</p> <p><b>7 am – 7:50 am</b> *Longevity Yoga - Sharon</p> <p><b>8:30 am – 9:20 am</b> Water Aerobics – Tia</p> <p><b>8:30 am – 9:20 a m</b> Spin and Strength – Dina</p> <p><b>8:30-9:20</b> *Pilates with Reformer- Cou Game Room</p> <p><b>9:30 am – 10:20 am</b> Core - Tia</p> <p><b>10:30 am – 11:20 am</b> Gentle Stretch – Christine</p> <p><b>12:00-12:45- Hiit and strength- Meghan</b></p> <p><b>5:00pm – 5:50 pm</b> Muscle Sculpt – Heather</p>	<p><b>6 am – 6:50 am</b> *Cycle Fusion – Thomas - Studio iii</p> <p><b>7 am – 7:50 am</b> *Mat Pilates - Martha</p> <p><b>8:30 am – 9:20 am</b> *Pilates with Reformer – Cou- Game Room</p> <p><b>8:30 am – 9:20 am</b> Balance - Lana</p> <p><b>8:30 am – 9:20 am</b> Aqua Zumba</p> <p><b>8:30 am – 9:20 am</b> *Tabata - Tia</p> <p><b>9:30 am – 10:20 am</b> Water Aerobics – Tia</p> <p><b>9:30 am – 10:20 am</b> Strength – Lana</p> <p><b>10:30 am - 11:20 am</b> Zumba - Theresia</p> <p><b>5:30 pm – 6:20 pm</b> Yin Yoga – Evi - Studio iii</p> <p><b>*5:30-6:20pm - Pilates with Reformer –Cou Game Room</b></p>	<p><b>6 am – 6:50 am</b> *Cycle – Thomas - Studio iii</p> <p><b>7:00 am – 7:50 am</b> *Gentle Yoga - Dawn</p> <p><b>8:30 am – 9:20 am</b> *Strength &amp; Conditioning - Tia</p> <p><b>8:30 am – 9:20 am</b> Water Aerobics - Heather</p> <p><b>9:30 am – 10:20 am</b> Muscle Sculpt – Heather</p> <p><b>10:30 am - 11:20 am</b> Gentle Stretch - Christine</p>	<p><b>8:30 am – 9:20 am</b> Water Aerobics - Heather</p> <p><b>8:30 am – 9:20 am</b> *Cycle – Studio iii -Dina</p> <p><b>9:30 am – 10:20 am</b> Muscle Sculpt – Heather</p>

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16	17	18	19	20	21	22
	<b>6 am – 6:50 am</b> *Cycle – Thomas - Studio iii  <b>7 am – 7:50 am</b> *Golf Yoga - Sharon <b>8:30 am – 9:20 am</b> Aqua Zumba- Atsuko <b>8:30 am – 9:20 am</b> Strength – Dina Studio III <b>9:30 am – 10:20 am</b> Muscle Sculpt – Lana <b>12:00-12:45-</b> Yoga with Weights -Meghan <b>5:00-5:50 Tai Chi- Alana</b> <b>6:30 pm - 7:20 pm</b> Bollywood Dance - Minoos	<b>6 am – 6:50 am</b> *Cycle Fusion – Thomas - Studio iii <b>7 am – 7:50 am</b> Yoga - Kim <b>8:30 am – 9:20 am</b> *HIIT – Heather <b>8:30 am – 9:20 am</b> Water Aerobics – Lana <b>*8:30-9:20 Pilates with</b> <b>Reformer- Cou Game</b> <b>Room</b> <b>9:30 am – 10:20 am</b> *Rhythmic Step – Lana <b>10:30 am - 11:20 am</b> Hatha Yoga - Evi <b>5:30-6:20- Pilates with</b> <b>Reformer- Intermediate</b> <b>level- Martha</b>	<b>6 am – 6:50 am</b> *Cycle – Thomas - Studio iii <b>7 am – 7:50 am</b> *Longevity Yoga - Sharon <b>8:30 am – 9:20 am</b> Water Aerobics – Tia <b>8:30 am – 9:20 a m</b> Spin and Strength – Dina <b>*8:30-9:20 Pilates with</b> <b>Reformer- Cou Game</b> <b>Room</b> <b>9:30 am – 10:20 am</b> Core - Tia <b>10:30 am – 11:20 am</b> Gentle Stretch – Betty <b>12:00-12:45- Hiit and</b> <b>strength- Meghan</b> <b>5:00pm – 5:50 pm</b> Muscle Sculpt – Heather -	<b>6 am – 6:50 am</b> *Cycle Fusion – Thomas - Studio iii <b>7 am – 7:50 am</b> *Mat Pilates - Martha <b>8:30 am – 9:20 am</b> *Pilates with Reformer – Cou - GameRoom <b>8:30 am – 9:20 am</b> Balance - Lana <b>8:30 am – 9:20 am</b> Aqua Zumba- Atsuko <b>8:30 am – 9:20 am</b> *Tabata - Tia <b>9:30 am – 10:20 am</b> Water Aerobics – Tia <b>9:30 am – 10:20 am</b> Strength – Lana <b>10:30 am - 11:20 am</b> Zumba - Atsuko <b>5:30 pm – 6:20 pm</b> Yin Yoga – Evi - Studio 3 <b>*5:30 pm – 6:20 pm</b> Pilates with Reformer – Cou - GameRoom	<b>6 am – 6:50 am</b> *Cycle – Thomas - Studio iii <b>7:00 am – 7:50 am</b> *Gentle Yoga - Dawn <b>8:30 am – 9:20 am</b> *Strength & Conditioning – Tia <b>8:30 am – 9:20 am</b> Water Aerobics - Heather <b>9:30 am – 10:20 am</b> Muscle Sculpt - Heather <b>10:30 am - 11:20 am</b> Gentle Stretch – Christine	<b>8:30 am – 9:20 am</b> Water Aerobics – Christine <b>8:30 am – 9:20 am</b> *Cycle – Heather Studio iii <b>9:30 am – 10:20 am</b> Muscle Sculpt – Heather

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23	24	25	26	27	28	1
	<b>6 am – 6:50 am</b> *Cycle – Thomas - Studio iii  <b>7 am – 7:50 am</b> *Golf Yoga - Sharon <b>8:30 am – 9:20 am</b> Aqua Zumba- Atsuko <b>8:30 am – 9:20 am</b> Strength- Tia Studio iii <b>9:30 am – 10:20 am</b> Muscle Sculpt – Heather <b>12:00-12:45</b> -Yoga with Weights- Meghan <b>5:00-5:50- Tai Chi- Alana</b> <b>6:30 pm - 7:20 pm</b> Bollywood Dance – Minoos	<b>6 am – 6:50 am</b> *Cycle Fusion – Thomas - Studio iii  <b>7 am – 7:50 am</b> Yoga – Kim <b>8:30 am – 9:20 am</b> *HIIT – Tia- *8:30-9:30 Pilates with Reformer- Cou Game Room <b>8:30 am – 9:20 am</b> Water Aerobics - Lana <b>9:30 am – 10:20 am</b> Water Walking <b>9:30 am – 10:20 am</b> *Rhythmic Step – Lana <b>10:30 am - 11:20 am</b> Hatha Yoga - Evi <b>5:30-6:20 pm</b> *Pilates with Reformer – Intermediate- Martha	<b>6 am – 6:50 am</b> *Cycle – Thomas - Studio iii  <b>7 am – 7:50 am</b> *Longevity Yoga - Sharon <b>8:30 am – 9:20 am</b> Water Aerobics – Tia <b>8:30 am – 9:20 a m</b> Spin and Strength – cancelled <b>*8:30-9:20</b> -Pilates with Reformer-Cou Game Room <b>9:30 am – 10:20 am</b> Core - Tia <b>10:30 am – 11:20 am</b> Gentle Stretch – Christine <b>12:00-12:45- Hiit and strength- Meghan</b> <b>5:00pm – 5:50 pm</b> Muscle Sculpt – cancelled	<b>6 am – 6:50 am</b> *Cycle Fusion – Thomas - Studio iii  <b>7 am – 7:50 am</b> *Mat Pilates - Martha <b>8:30 am – 9:20 am</b> *Pilates with Reformer – Cou – Game Room <b>8:30 am – 9:20 am</b> Balance - Lana <b>8:30 am – 9:20 am</b> Aqua Zumba- Atsuko <b>8:30 am – 9:20 am</b> *Tabata - Tia <b>9:30 am – 10:20 am</b> Water Aerobics – Tia <b>9:30 am – 10:20 am</b> Strength – Lana <b>10:30 am - 11:20 am</b> Zumba - Theresia <b>5:30 pm – 6:20 pm</b> Yin Yoga – Evi - Studio 3 <b>*5:30pm – 6:20 pm</b> Pilates with Reformer – Cou - GameRoom	<b>6 am – 6:50 am</b> *Cycle – Thomas - Studio iii  <b>7:00 am – 7:50 am</b> *Gentle Yoga - Dawn <b>8:30 am – 9:20 am</b> *Strength & Conditioning – Tia <b>8:30 am – 9:20 am</b> Water Aerobics - cancelled <b>9:30 am – 10:20 am</b> Muscle Sculpt - cancelled <b>10:30 am - 11:20 am</b> Gentle Stretch - Christine	<b>8:30 am – 9:20 am</b> Water Aerobics – Heather <b>8:30 am – 9:20 am</b> *Cycle – Carlo Studio iii <b>9:30 am – 10:20 am</b> Muscle Sculpt – Heather

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