## **Kingsmill Sports Club Group Fitness Schedule**

Monday	Tuesday Wednesday		Thursday	Friday	Saturday
2	3	4	5	6	7
6:00am – 6:50 am	6:00am – 6:50 am	6:00am – 6:50 am	6:00am – 6:50 am	6:00am – 6:50am	8:30am-9:20
*Cycle	*Cycle Fusion	*Cycle	*Cycle Fusion	*Cycle	*Cycle
Thomas - Studio iii	Thomas – Studio iii	Thomas – Studio iii	Thomas – Studio iii	Thomas – Studio iii	Carlo -Studio III
7:00am – 7:50 am	7:00am – 7:50 am	7:00 am – 7:50 am	7:00am – 7:50 am	7:00 am – 7:50 am	8:30 am-9:20am
<b>Golf Yoga</b> Sharon	<b>Hatha Yoga</b> Kim	<b>Longevity Yoga</b> Sharon	*Pilates Mat Martha	<b>Gentle Yoga</b> Dawn	Water Aerobics Heather
8:30am – 9:20 am	8:30 am – 9:20 am	8:30 am – 9:20 am	8:30 am – 9:20 am	8:30 am – 9:20 am	9:30 am-10:20am
Aqua Zumba Atsuko	<b>HIIT</b> Tia	Water Aerobics Lana	*Pilates Reformer Cou-Pilates Studio	Strength & Conditioning Lana	Muscle Sculpt Heather
8:30am – 9:20 am	8:30am-9:20am	8:30 am – 9:20 am	8:30 am – 9:20 am		
Spin & Strength Dina Studio iii	*Pilates Reformer Martha- Pilates Studio	Spin and Strength- Dina	<b>Balance</b> Lana	8:30 am - 9:20 am <b>Water Aerobics</b> Heather	
	8:30 am – 9:20 am	8:30am-9:20am	8:30 am – 9:20 am		
8:30am-9:20am  Strength &  Conditioning	Water Aerobics Lana	*Pilates with Reformer Cou-Pilates Studio	<b>Aqua Zumba</b> Atsuko	9:30 am - 10:20 am  Muscle Sculpt  Heather	
Tia	9:30 am – 10:20 am	8:30am-9:20am	8:30 am – 9:20 am	10:30 am - 11:20 am	
9:30am – 10:20am	Rhythmic Step Lana	Strength & Conditioning	<b>Tabata</b> Tia	Gentle Stretch	
Muscle Sculpt		Meghan		Christine	
Heather	10:30 am - 11:20 am <b>Hatha Yoga</b>	0:20 40:20	9:30 am – 10:20 am		
10:30am-11:20am	Evi	9:30 am - 10:20am <b>Core</b>	<b>Strength</b> Lana		
Pilates Mat		Tia	Lana		
Martha-Studio 2	5:30 pm – 6:20 pm		9:30am-10:20am		
40.00 40.50	*Pilates Reformer	10:30 am – 11:20 am	Water Aerobics-		
12:00pm- 12:50pm <b>Yoga with Weights</b> -	Intermediate Martha Pilates Studio	*Gentle Stretch Christine	Christine		
Meghan			10:30am-11:20am		
5:20m 6:20mm	6:30pm-7:20pm	5:00 pm – 5:50 pm	Zumba		
5:30m-6:20pm Bollywood Dance Fit	*Pilates	Muscle Sculpt	Theresia		
Minoo	Reformer Intermediate	Heather	4:00pm-4:50pm		
	Martha Pilates Studio		Tai Chi	#	
	Martina i natos stadio		Alana	*Members only cl	ass
			5:30 pm – 6:20 pm <b>Yin Yoga</b> Evi - Studio iii	Please Note- Pilates Reformer class requires preregistration and a 12 hour advance cancellation policy or a \$30 fee will be assessed	
			241 Otadio III	iee wiii de assesset	
			5:30-6:20 pm		
			*Pilates Reformer		
			Cou– Pilates Studio		

## **Kingsmill Sports Club Group Fitness Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10	11	12	13	14
6:00am – 6:50 am	6:00am – 6:50 am	6:00am – 6:50 am	6:00am – 6:50 am	6:00am – 6:50am	8:30am-9:20
*Cycle	*Cycle Fusion	*Cycle	*Cycle Fusion	*Cycle	*Cycle
Thomas - Studio iii	Thomas – Studio iii	Thomas – Studio iii	Thomas – Studio iii	Thomas – Studio iii	Carlo -Studio III
7:00am – 7:50 am	7:00am – 7:50 am	7:00 am – 7:50 am	7:00am – 7:50 am	7:00 am – 7:50 am	8:30 am-9:20am
Golf Yoga	Hatha Yoga	Longevity Yoga	*Pilates Mat	Gentle Yoga	Water Aerobics
Sharon	Kim	Sharon	Martha	Dawn	Heather
8:30am – 9:20 am	8:30 am – 9:20 am	8:30 am – 9:20 am	8:30 am – 9:20 am	8:30 am – 9:20 am	9:30 am-10:20am
Aqua Zumba	HIIT	Water Aerobics	*Pilates Reformer	Strength &	<b>Muscle Sculpt</b>
Atsuko	Tia	Tia		Conditioning	Heather
			Cou-Pilates Studio	Lana	
8:30am – 9:20 am	8:30am-9:20am	8:30 am - 9:20 am	8:30 am – 9:20 am		
Spin & Strength	*Pilates Reformer	Spin and Strength-	Balance	8:30 am – 9:20 am	
Dina	Cou- Pilates Studio	Dina	Lana	Water Aerobics	
Studio iii			Lana	Heather	
	8:30 am - 9:20 am	8:30am-9:20am	8:30 am - 9:20 am		
8:30am-9:20am	Water Aerobics	*Pilates with Reformer	Aqua Zumba	9:30 am – 10:20 am	
Strength &	Tia	Cou-Pilates Studio	Atsuko	Muscle Sculpt	
<b>Conditioning</b> Tia				Heather	
ı ia	9:30 am – 10:20 am	8:30am-9:20am	8:30 am – 9:20 am	10:30 am - 11:20 am	
9:30am – 10:20am	Rhythmic Step	Strength &	Tabata	Gentle Stretch	
Muscle Sculpt	Lana	Conditioning	Meghan	Kim	
Meghan	10:30 am - 11:20 am	Meghan	0.20 40.20	TMITT	
Noghan	Hatha Yoga	9:30 am – 10:20am	9:30 am – 10:20 am		
10:30am-11:20am	Evi	<b>Core</b>	<b>Strength</b> Lana		
Pilates Mat		Tia	Lana		
Martha-Studio 2	5:30 pm – 6:20 pm	114	9:30am-10:20am		
	*Pilates Reformer	10:30 am – 11:20 am	Water Aerobics-		
12:00pm- 12:50pm	Intermediate	*Gentle Stretch	Christine		
Yoga with Weights-	Martha Pilates Studio	Christine	Ciniotino		
Meghan		- Children	10:30am-11:20am		
	6:30pm-7:20pm	5:00 pm – 5:50 pm	Zumba		
5:30m-6:20pm	*Pilates	Muscle Sculpt	Theresia		
Bollywood Dance Fit	Reformer	Heather -			
Minoo	Intermediate		4:00pm-4:50pm		
	Martha Pilates Studio		Tai Chi	*Members only c	lace
			Alana		1435
				Please Note- Pilates Reformer class requires preregistration and a 12 hour	
			5:30 pm – 6:20 pm		
			<b>Yin Yoga</b> Evi - Studio iii	advance cancellati	on policy or a \$30
			EVI - Studio III	fee will be assesse	<b>a</b>
			5:30-6:20 pm		
			*Pilates Reformer		
			Cou– Pilates Studio		
			Cou- Fliates Studio		