




## Kingsmill Sports Club Group Fitness Schedule-October

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	01	02	03	04
<b>6:00am – 6:50 am</b> <b>*Pilates Reformer Intermediate</b> Shannon– Pilates Studio  <b>6:00am – 6:50 am</b> <b>*Cycle</b> Thomas - Studio iii  <b>7:00am – 7:50 am</b> <b>*Pilates Reformer Intermediate</b> Shannon– Pilates Studio  <b>7:00am – 7:50 am</b> <b>Yoga</b> Payal  <b>8:30am – 9:20 am</b> <b>Aqua Zumba</b> Atsuko  <b>8:30am-9:20am</b> <b>Strength &amp; Conditioning</b> Tia  <b>9:30am – 10:20am</b> <b>Muscle Sculpt</b> Heather  <b>10:30-11:20</b> <b>Yoga with Weights-</b> Meghan	<b>6:00am – 6:50 am</b> <b>*Cycle Fusion</b> Thomas – Studio iii  <b>7:00am – 7:50 am</b> <b>*Pilates Reformer</b> Patty– Pilates Studio  <b>7:00am – 7:50 am</b> <b>Hatha Yoga</b> Kim  <b>8:30 am – 9:20 am</b> <b>HIIT</b> Tia  <b>8:30am-9:20am</b> <b>*Pilates Reformer</b> Cou- Pilates Studio  <b>8:30 am – 9:20 am</b> <b>Water Aerobics</b> Lana  <b>9:30 am – 10:20 am</b> <b>Rhythmic Step</b> Lana  <b>10:30 am - 11:20 am</b> <b>Hatha Yoga</b> Evi  <b>4:30 pm – 5:20 pm</b> <b>*Pilates Reformer Beginner</b> Martha-Pilates Studio  <b>5:30 pm – 6:20 pm</b> <b>*Pilates Reformer Intermediate</b> Martha-Pilates Studio  <b>6:30pm-7:20pm</b> <b>*Pilates Reformer Intermediate</b> Martha-Pilates Studio	<b>6:00am – 6:50 am</b> <b>*Pilates Reformer Intermediate</b> Shannon– Pilates Studio  <b>6:00am – 6:50 am</b> <b>*Cycle</b> Thomas – Studio iii  <b>7:00 am – 7:50 am</b> <b>Gentle Yoga</b> Betty  <b>8:30 am – 9:20 am</b> <b>Water Aerobics</b> Tia  <b>8:30am-9:20am</b> <b>*Pilates with Reformer</b> Cou-Pilates Studio  <b>8:30am-9:20am</b> <b>Strength &amp; Conditioning</b> Meghan  <b>9:30 am – 10:20am</b> <b>Core</b> Tia  <b>10:30 am – 11:20 am</b> <b>Gentle Stretch</b> Christine  <b>5:00 pm – 5:50 pm</b> <b>Muscle Sculpt</b> Heather	<b>6:00am – 6:50 am</b> <b>*Cycle Fusion</b> Thomas – Studio iii  <b>7:00am – 7:50 am</b> <b>Mat Pilates</b> Martha  <b>8:30 am – 9:20 am</b> <b>*Pilates Reformer</b> Cou-Pilates Studio  <b>8:30 am – 9:20 am</b> <b>Balance</b> Lana  <b>8:30 am – 9:20 am</b> <b>Aqua Zumba</b> Atsuko  <b>8:30 am – 9:20 am</b> <b>Tabata</b> Tia  <b>9:30 am – 10:20 am</b> <b>Strength</b> Lana  <b>9:30am-10:20am</b> <b>Water Aerobics-</b> Tia  <b>10:30am-11:20am</b> <b>Zumba</b> Theresia  <b>5:30 pm – 6:20 pm</b> <b>Yin Yoga</b> Evi - Studio iii  <b>5:30-6:20 pm</b> <b>*Pilates Reformer</b> Cou-Pilates Studio	<b>6:00am – 6:50am</b> <b>*Cycle</b> Thomas – Studio iii  <b>7:00 am – 7:50 am</b> <b>Gentle Yoga</b> Dawn  <b>8:30 am – 9:20 am</b> <b>Strength &amp; Conditioning</b> Tia  <b>8:30 am – 9:20 am</b> <b>Water Aerobics</b> Heather  <b>9:30 am – 10:20 am</b> <b>Muscle Sculpt</b> Heather  <b>10:30 am - 11:20 am</b> <b>Gentle Stretch</b> Christine  <div style="text-align: center;">   THE CLUB AT  <b>KINGSMILL</b> </div> <p><b>*Members only class</b></p> <p><b>Please Note– Pilates Reformer class requires preregistration and a 12 hour advance cancellation policy or a \$30 fee will be assessed</b></p>	<b>8:30am-9:20</b> <b>*Cycle</b> Carlo– Studio iii  <b>8:30 am-9:20am</b> <b>Water Aerobics</b> Heather  <b>9:30 am-10:20am</b> <b>Muscle Sculpt</b> Heather


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<b>6:00am – 6:50 am</b> <b>*Pilates Reformer Intermediate</b> Shannon– Pilates Studio  <b>6:00am – 6:50 am</b> <b>*Cycle</b> Thomas - Studio iii  <b>7:00am – 7:50 am</b> <b>*Pilates Reformer Intermediate</b> Shannon– Pilates Studio  <b>7:00am – 7:50 am</b> <b>Yoga</b> Betty  <b>8:30am – 9:20 am</b> <b>Aqua Zumba</b> Atsuko  <b>8:30am-9:20am</b> <b>Strength &amp; Conditioning</b> Tia  <b>9:30am – 10:20am</b> <b>Muscle Sculpt</b> Heather  <b>10:30-11:20</b> <b>Yoga with Weights-</b> Meghan	<b>6:00am – 6:50 am</b> <b>*Cycle Fusion</b> Thomas – Studio iii  <b>7:00am – 7:50 am</b> <b>*Pilates Reformer</b> Martha– Pilates Studio  <b>7:00am – 7:50 am</b> <b>Hatha Yoga</b> Kim  <b>8:30 am – 9:20 am</b> <b>HIIT</b> Tia  <b>8:30am-9:20am</b> <b>*Pilates Reformer</b> Cou- Pilates Studio  <b>8:30 am – 9:20 am</b> <b>Water Aerobics</b> Lana  <b>9:30 am – 10:20 am</b> <b>Rhythmic Step</b> Lana  <b>10:30 am - 11:20 am</b> <b>Hatha Yoga</b> Evi  <b>4:30 pm – 5:20 pm</b> <b>*Pilates Reformer Beginner</b> Martha-Pilates Studio  <b>5:30 pm – 6:20 pm</b> <b>*Pilates Reformer Intermediate</b> Martha-Pilates Studio  <b>6:30pm-7:20pm</b> <b>*Pilates Reformer Intermediate</b> Martha-Pilates Studio	<b>6:00am – 6:50 am</b> <b>*Pilates Reformer Intermediate</b> Shannon– Pilates Studio  <b>6:00am – 6:50 am</b> <b>*Cycle</b> Thomas – Studio iii  <b>7:00 am – 7:50 am</b> <b>Gentle Yoga</b> Betty  <b>8:30 am – 9:20 am</b> <b>Water Aerobics</b> Tia  <b>8:30am-9:20am</b> <b>*Pilates with Reformer</b> Cou-Pilates Studio  <b>8:30am-9:20am</b> <b>Strength &amp; Conditioning</b> Meghan  <b>9:30 am – 10:20am</b> <b>Core</b> Tia  <b>10:30 am – 11:20 am</b> <b>Gentle Stretch</b> Christine  <b>5:00 pm – 5:50 pm</b> <b>Muscle Sculpt</b> Heather	<b>6:00am – 6:50 am</b> <b>*Cycle Fusion</b> Thomas – Studio iii  <b>7:00am – 7:50 am</b> <b>Mat Pilates</b> Martha  <b>8:30 am – 9:20 am</b> <b>*Pilates Reformer</b> Cou-Pilates Studio  <b>8:30 am – 9:20 am</b> <b>Balance</b> Lana  <b>8:30 am – 9:20 am</b> <b>Tabata</b> Tia  <b>9:30 am – 10:20 am</b> <b>Strength</b> Lana  <b>9:30am-10:20am</b> <b>Water Aerobics-</b> Tia  <b>10:30am-11:20am</b> <b>Zumba</b> Lana  <b>5:30 pm – 6:20 pm</b> <b>Yin Yoga</b> Evi - Studio iii  <b>5:30-6:20 pm</b> <b>*Pilates Reformer</b> Cou-Pilates Studio	<b>6:00am – 6:50am</b> <b>*Cycle</b> Thomas – Studio iii  <b>7:00 am – 7:50 am</b> <b>Gentle Yoga</b> Dawn  <b>8:30 am – 9:20 am</b> <b>Strength &amp; Conditioning</b> Tia  <b>8:30 am – 9:20 am</b> <b>Water Aerobics</b> Heather  <b>9:30 am – 10:20 am</b> <b>Muscle Sculpt</b> Heather  <b>10:30 am - 11:20 am</b> <b>Gentle Stretch</b> Christine  <div style="text-align: center;">   THE CLUB AT  <b>KINGSMILL</b> </div> <p><b>*Members only class</b></p> <p><b>Please Note– Pilates Reformer class requires preregistration and a 12 hour advance cancellation policy or a \$30 fee will be assessed</b></p>	<b>8:30am-9:20</b> <b>*Cycle</b> Carlo– Studio iii  <b>8:30 am-9:20am</b> <b>Water Aerobics</b> Heather  <b>9:30 am-10:20am</b> <b>Muscle Sculpt</b> Heather

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20	21	22	23	24	25
<b>6:00am – 6:50 am</b> <b>*Pilates Reformer Intermediate</b> Shannon– Pilates Studio  <b>6:00am – 6:50 am</b> <b>*Cycle</b> Thomas - Studio iii  <b>7:00am – 7:50 am</b> <b>*Pilates Reformer Intermediate</b> Shannon– Pilates Studio  <b>7:00am – 7:50 am</b> <b>Yoga</b> Payal  <b>8:30am – 9:20 am</b> <b>Aqua Zumba</b> Atsuko  <b>8:30am-9:20am</b> <b>Strength &amp; Conditioning</b> Tia  <b>9:30am – 10:20am</b> <b>Muscle Sculpt</b> Heather  <b>10:30-11:20</b> <b>Yoga with Weights-</b> Meghan	<b>6:00am – 6:50 am</b> <b>*Cycle Fusion</b> Thomas – Studio iii  <b>7:00am – 7:50 am</b> <b>*Pilates Reformer</b> Patty– Pilates Studio  <b>7:00am – 7:50 am</b> <b>Hatha Yoga</b> Kim  <b>8:30 am – 9:20 am</b> <b>HIIT</b> Tia  <b>8:30am-9:20am</b> <b>*Pilates Reformer</b> Cou- Pilates Studio  <b>8:30 am – 9:20 am</b> <b>Water Aerobics</b> Lana  <b>9:30 am – 10:20 am</b> <b>Rhythmic Step</b> Lana  <b>10:30 am - 11:20 am</b> <b>Hatha Yoga</b> Evi  <b>4:30 pm – 5:20 pm</b> <b>*Pilates Reformer Beginner</b> Martha-Pilates Studio  <b>5:30 pm – 6:20 pm</b> <b>*Pilates Reformer Intermediate</b> Martha-Pilates Studio  <b>6:30pm-7:20pm</b> <b>*Pilates Reformer Intermediate</b> Martha-Pilates Studio	<b>6:00am – 6:50 am</b> <b>*Pilates Reformer Intermediate</b> Shannon– Pilates Studio  <b>6:00am – 6:50 am</b> <b>*Cycle</b> Thomas – Studio iii  <b>7:00 am – 7:50 am</b> <b>Gentle Yoga</b> Betty  <b>8:30 am – 9:20 am</b> <b>Water Aerobics</b> Tia  <b>8:30am-9:20am</b> <b>*Pilates with Reformer</b> Cou-Pilates Studio  <b>8:30am-9:20am</b> <b>Strength &amp; Conditioning</b> Meghan  <b>9:30 am – 10:20am</b> <b>Core</b> Tia  <b>10:30 am – 11:20 am</b> <b>Gentle Stretch</b> Christine  <b>5:00 pm – 5:50 pm</b> <b>Muscle Sculpt</b> Heather	<b>6:00am – 6:50 am</b> <b>*Cycle Fusion</b> Thomas – Studio iii  <b>7:00am – 7:50 am</b> <b>Mat Pilates</b> Martha  <b>8:30 am – 9:20 am</b> <b>*Pilates Reformer</b> Cou-Pilates Studio  <b>8:30 am – 9:20 am</b> <b>Balance</b> Lana  <b>8:30 am – 9:20 am</b> <b>Aqua Zumba</b> Atsuko  <b>8:30 am – 9:20 am</b> <b>Tabata</b> Tia  <b>9:30 am – 10:20 am</b> <b>Strength</b> Lana  <b>9:30am-10:20am</b> <b>Water Aerobics-</b> Tia  <b>10:30am-11:20am</b> <b>Zumba</b> Theresia  <b>5:30 pm – 6:20 pm</b> <b>Yin Yoga</b> Evi - Studio iii  <b>5:30-6:20 pm</b> <b>*Pilates Reformer</b> Cou-Pilates Studio	<b>6:00am – 6:50am</b> <b>*Cycle</b> Thomas – Studio iii  <b>7:00 am – 7:50 am</b> <b>Gentle Yoga</b> Dawn  <b>8:30 am – 9:20 am</b> <b>Strength &amp; Conditioning</b> Tia  <b>8:30 am – 9:20 am</b> <b>Water Aerobics</b> Heather  <b>9:30 am – 10:20 am</b> <b>Muscle Sculpt</b> Heather  <b>10:30 am - 11:20 am</b> <b>Gentle Stretch</b> Christine  <div style="text-align: center;">   THE CLUB AT  <b>KINGSMILL</b> </div> <p><b>*Members only class</b></p> <p><b>Please Note– Pilates Reformer class requires preregistration and a 12 hour advance cancellation policy or a \$30 fee will be assessed</b></p>	<b>8:30am-9:20</b> <b>*Cycle</b> Carlo– Studio iii  <b>8:30 am-9:20am</b> <b>Water Aerobics</b> Heather  <b>9:30 am-10:20am</b> <b>Muscle Sculpt</b> Heather

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