

Kingsmill Sports Club Group Fitness Schedule-December

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23	24	25	26	27
6:00am – 6:50 am *Pilates Reformer Intermediate Shannon- Pilates Studio	6:00am – 6:50 am *Cycle Fusion Thomas – Studio iii	6:00am – 6:50 am *Pilates Reformer Intermediate Shannon- Pilates Studio		7:00am-7:50am *Cycle Thomas – Studio iii	8:30 am-9:20am Water Aerobics Tia
6:00am – 6:50 am *Cycle Thomas - Studio iii	7:00am – 7:50 am *Pilates Reformer Patty- Pilates Studio	6:00am – 6:50 am *Cycle Thomas – Studio iii		7:00 am – 7:50 am Gentle Yoga Dawn	9:30 am-10:20am Muscle Sculpt Tia
7:00am – 7:50 am * Pilates Reformer Intermediate Shannon- Pilates Studio	7:00am – 7:50 am Hatha Yoga Sharon	7:00 am – 7:50 am Gentle Yoga Betty		8:30 am – 9:20 am Strength & Conditioning Tia	
7:00am – 7:50 am Yoga Payal	8:30 am – 9:20 am HIIT Tia	8:30 am – 9:20 am Water Aerobics Tia		8:30 am – 9:20 am Water Aerobics Tia	
8:30am – 9:20 am Aqua Zumba Atsuko	8:30am-9:20am *Pilates Reformer Cou- Pilates Studio	8:30am-9:20am *Pilates with Reformer Canceled		9:30 am – 10:20 am Muscle Sculpt Tia	
8:30am-9:20am Strength & Conditioning Tia	8:30 am – 9:20 am Rhythmic Step Lana	8:30am-9:20am Strength & Conditioning Meghan		10:30 am - 11:20 am Gentle Stretch Christine	
9:30am – 10:20am Muscle Sculpt Heather	10:30 am - 11:20 am Hatha Yoga Evi	9:30 am – 10:20am Core Tia			
10:30-11:20 Yoga with Weights- Meghan	4:30 pm – 5:20 pm *Pilates Reformer Beginner Martha-Pilates Studio	10:30 am – 11:20 am Gentle Stretch Heather			
	5:30 pm – 6:20 pm *Pilates Reformer Intermediate Martha-Pilates Studio				
	6:30pm-7:20pm *Pilates Reformer Intermediate Martha-Pilates Studio				



**THE CLUB AT
KINGSMILL**

***Members only class**

Please Note- Pilates Reformer class requires preregistration and a 12 hour advance cancellation policy or a \$30 fee will be assessed

Kingsmill Sports Club Group Fitness Schedule-December/January

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	01	02	03
6:00am – 6:50 am *Pilates Reformer Intermediate Shannon- Pilates Studio	6:00am – 6:50 am *Cycle Fusion Thomas – Studio iii	6:00am – 6:50 am *Pilates Reformer Intermediate Shannon- Pilates Studio		6:00am – 6:50am *Cycle Thomas – Studio iii	8:30 am-9:20am Water Aerobics Tia
6:00am – 6:50 am *Cycle Thomas - Studio iii	7:00am – 7:50 am *Pilates Reformer Patty- Pilates Studio	6:00am – 6:50 am *Cycle Thomas – Studio iii		7:00 am – 7:50 am Gentle Yoga Dawn	9:30 am-10:20am Muscle Sculpt Tia
7:00am – 7:50 am * Pilates Reformer Intermediate Shannon- Pilates Studio	7:00am – 7:50 am Hatha Yoga Sharon	7:00 am – 7:50 am Gentle Yoga Betty		8:30 am – 9:20 am Strength & Conditioning Tia	
7:00am – 7:50 am Yoga Betty	8:30 am – 9:20 am HIIT Tia	8:30 am – 9:20 am Water Aerobics Tia	9:00am-10:30am 2026 Kickoff! Meghan and Tia	8:30 am – 9:20 am Water Aerobics Tia	
8:30am – 9:20 am Aqua Zumba Atsuko	8:30am-9:20am * Pilates Reformer Cou- Pilates Studio	8:30am-9:20am *Pilates with Reformer Cou-Pilates Studio		9:30 am – 10:20 am Muscle Sculpt Tia	
8:30am-9:20am Strength & Conditioning Tia	8:30 am – 9:20 am Rhythmic Step Lana	8:30am-9:20am Strength & Conditioning Meghan		10:30 am - 11:20 am Gentle Stretch Christine	
9:30am – 10:20am Muscle Sculpt Meghan	10:30 am - 11:20 am Hatha Yoga Evi	9:30 am – 10:20am Core Tia			
10:30-11:20 Yoga with Weights- Meghan	4:30 pm – 5:20 pm *Pilates Reformer Beginner Martha-Pilates Studio	10:30 am – 11:20 am Gentle Stretch Christine			
	5:30 pm – 6:20 pm *Pilates Reformer Intermediate Martha-Pilates Studio	5:00 pm – 5:50 pm Muscle Sculpt CANCELLED			
	6:30pm-7:20pm *Pilates Reformer Intermediate Martha-Pilates Studio				



**THE CLUB AT
KINGSMILL**

***Members only class**

Please Note- Pilates Reformer class requires preregistration and a 12 hour advance cancellation policy or a \$30 fee will be assessed

Kingsmill Sports Club Group Fitness Schedule-January

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
05	06	07	08	09	10
6:00am – 6:50 am *Pilates Reformer Intermediate Shannon- Pilates Studio	6:00am – 6:50 am *Cycle Fusion Thomas – Studio iii	6:00am – 6:50 am *Pilates Reformer Intermediate Shannon- Pilates Studio	6:00am – 6:50 am *Cycle Fusion Thomas – Studio iii	6:00am – 6:50 am *Cycle Thomas – Studio iii	8:30 am-9:20am Water Aerobics Christine
6:00am – 6:50 am *Cycle Thomas - Studio iii	7:00am – 7:50 am *Pilates Reformer Shannon- Pilates Studio	6:00am – 6:50 am *Cycle Thomas – Studio iii	7:00am – 7:50 am Mat Pilates Martha	7:00 am – 7:50 am Gentle Yoga Dawn	9:30 am-10:20am Muscle Sculpt Tia
7:00am – 7:50 am *Pilates Reformer Intermediate Shannon- Pilates Studio	7:00am – 7:50 am Gentle Stretch Christine	7:00 am – 7:50 am Gentle Yoga Payal	8:30 am – 9:20 am *Pilates Reformer Cou-Pilates Studio	8:30 am – 9:20 am Strength & Conditioning Meghan	
7:00am – 7:50 am Yoga Payal	8:30 am – 9:20 am HIIT Tia	8:30 am – 9:20 am Water Aerobics Tia	8:30 am – 9:20 am Balance Lana	8:30 am – 9:20 am Water Aerobics Christine	
8:30am – 9:20 am Aqua Zumba Atsuko	8:30am-9:20am *Pilates Reformer Cou- Pilates Studio	8:30am-9:20am *Pilates with Reformer Cou-Pilates Studio	8:30 am – 9:20 am Aqua Zumba Atsuko	9:30 am – 10:20 am Muscle Sculpt Tia	
8:30am-9:20am Strength & Conditioning Tia	8:30 am – 9:20 am Water Aerobics Lana	8:30am-9:20am Strength & Conditioning Meghan	8:30 am – 9:20 am Tabata Tia	10:30 am - 11:20 am Gentle Stretch Christine	
9:30am – 10:20am Muscle Sculpt Meghan	9:30 am – 10:20 am Rhythmic Step Lana	9:30 am – 10:20am Core Tia	9:30 am – 10:20 am Strength Lana		
10:30-11:20 Yoga with Weights- Meghan	10:30 am - 11:20 am Hatha Yoga Evi	10:30 am – 11:20 am Gentle Stretch Christine	9:30am-10:20am Water Aerobics- Tia		
	4:30 pm – 5:20 pm *Pilates Reformer Beginner Cou-Pilates Studio	5:00 pm – 5:50 pm Muscle Sculpt Martha	10:30am-11:20am Zumba Atsuko		
	5:30 pm – 6:20 pm *Pilates Reformer Intermediate Cou-Pilates Studio		5:30-6:20 pm *Pilates Reformer Cou-Pilates Studio		
	6:30pm-7:20pm *Pilates Reformer Intermediate Cou-Pilates Studio				



**THE CLUB AT
KINGSMILL**

***Members only class**

Please Note- Pilates Reformer class requires preregistration and a 12 hour advance cancellation policy or a \$30 fee will be assessed

Kingsmill Sports Club Group Fitness Schedule-January

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13	14	15	16	17
6:00am – 6:50 am *Pilates Reformer Intermediate Shannon- Pilates Studio	6:00am – 6:50 am *Cycle Fusion Thomas – Studio iii	6:00am – 6:50 am *Pilates Reformer Intermediate Shannon- Pilates Studio	6:00am – 6:50 am *Cycle Fusion Thomas – Studio iii	6:00am – 6:50 am *Cycle Thomas – Studio iii	8:30 am-9:20am Water Aerobics Christine
6:00am – 6:50 am *Cycle Thomas - Studio iii	7:00am – 7:50 am *Pilates Reformer Shannon- Pilates Studio	6:00am – 6:50 am *Cycle Thomas – Studio iii	7:00am – 7:50 am Mat Pilates Martha	7:00 am – 7:50 am Gentle Yoga Dawn	9:30 am-10:20am Muscle Sculpt Tia
7:00am – 7:50 am *Pilates Reformer Intermediate Shannon- Pilates Studio	7:00am – 7:50 am Gentle Stretch Christine	7:00 am – 7:50 am Gentle Yoga Payal	8:30 am – 9:20 am *Pilates Reformer Cou-Pilates Studio	8:30 am – 9:20 am Strength & Conditioning Tia	
7:00am – 7:50 am Yoga Payal	8:30 am – 9:20 am HIIT Tia	8:30 am – 9:20 am Water Aerobics Tia	8:30 am – 9:20 am Balance Lana	8:30 am – 9:20 am Water Aerobics Christine	
8:30am – 9:20 am Aqua Zumba Atsuko	8:30am-9:20am *Pilates Reformer Cou- Pilates Studio	8:30am-9:20am *Pilates with Reformer Cou-Pilates Studio	8:30 am – 9:20 am Aqua Zumba Atsuko	9:30 am – 10:20 am Muscle Sculpt Tia	
8:30am-9:20am Strength & Conditioning Tia	8:30 am – 9:20 am Rhythmic Step Lana	8:30am-9:20am Strength & Conditioning Meghan	8:30 am – 9:20 am Tabata Tia	10:30 am - 11:20 am Gentle Stretch Heather	
9:30am – 10:20am Muscle Sculpt Heather	10:30 am - 11:20 am Hatha Yoga Evi	9:30 am – 10:20am Core Tia	9:30 am – 10:20 am Strength Lana		
10:30-11:20 Yoga with Weights- Meghan	4:30 pm – 5:20 pm *Pilates Reformer Beginner Cou-Pilates Studio	10:30 am – 11:20 am Gentle Stretch Betty	9:30am-10:20am Water Aerobics- Tia		
	5:30 pm – 6:20 pm *Pilates Reformer Intermediate Cou-Pilates Studio	5:00 pm – 5:50 pm Muscle Sculpt Martha	10:30am-11:20am Zumba Atsuko		
	6:30pm-7:20pm *Pilates Reformer Intermediate Cou-Pilates Studio		5:30-6:20 pm *Pilates Reformer Cou-Pilates Studio		



**THE CLUB AT
KINGSMILL**

***Members only class**

Please Note- Pilates Reformer class requires preregistration and a 12 hour advance cancellation policy or a \$30 fee will be assessed

Kingsmill Sports Club Group Fitness Schedule-January

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22	23	24
6:00am – 6:50 am *Pilates Reformer Intermediate Shannon- Pilates Studio	6:00am – 6:50 am *Cycle Fusion Thomas – Studio iii	6:00am – 6:50 am *Pilates Reformer Intermediate Shannon- Pilates Studio	6:00am – 6:50 am *Cycle Fusion Thomas – Studio iii	6:00am – 6:50 am *Cycle Thomas – Studio iii	8:30 am-9:20am Water Aerobics Christine
6:00am – 6:50 am *Cycle Thomas - Studio iii	7:00am – 7:50 am *Pilates Reformer Shannon- Pilates Studio	6:00am – 6:50 am *Cycle Thomas – Studio iii	7:00am – 7:50 am Mat Pilates Martha	7:00 am – 7:50 am Gentle Yoga Dawn	8:30 am-9:20am Cycle Carlo
7:00am – 7:50 am * Pilates Reformer Intermediate Shannon- Pilates Studio	7:00am – 7:50 am Gentle Stretch Christine	7:00 am – 7:50 am Gentle Yoga Payal	8:30 am – 9:20 am * Pilates Reformer Cou-Pilates Studio	8:30 am – 9:20 am Strength & Conditioning Tia	9:30 am-10:20am Muscle Sculpt Tia
7:00am – 7:50 am Yoga Betty	8:30 am – 9:20 am HIIT Tia	8:30 am – 9:20 am Water Aerobics Tia	8:30 am – 9:20 am Balance Lana	8:30 am – 9:20 am Water Aerobics Christine	
8:30am – 9:20 am Aqua Zumba Atsuko	8:30am-9:20am * Pilates Reformer Cou- Pilates Studio	8:30am-9:20am *Pilates with Reformer Cou-Pilates Studio	8:30 am – 9:20 am Aqua Zumba Atsuko	9:30 am – 10:20 am Muscle Sculpt Tia	
8:30am-9:20am Strength & Conditioning Tia	8:30 am – 9:20 am Rhythmic Step Lana	8:30am-9:20am Strength & Conditioning Meghan	8:30 am – 9:20 am Tabata Tia	10:30 am - 11:20 am Gentle Stretch Betty	
9:30am – 10:20am Muscle Sculpt Heather	10:30 am - 11:20 am Hatha Yoga Evi	9:30 am – 10:20am Core Tia	9:30 am – 10:20 am Strength Lana		
10:30-11:20 Yoga with Weights- Meghan	4:30 pm – 5:20 pm *Pilates Reformer Beginner Cou-Pilates Studio	10:30 am – 11:20 am Gentle Stretch Tia	9:30am-10:20am Water Aerobics- Tia		
	5:30 pm – 6:20 pm *Pilates Reformer Intermediate Cou-Pilates Studio	5:00 pm – 5:50 pm Muscle Sculpt Martha	10:30am-11:20am Zumba Atsuko		
	6:30pm-7:20pm *Pilates Reformer Intermediate Cou-Pilates Studio		5:30-6:20 pm *Pilates Reformer Cou-Pilates Studio		



**THE CLUB AT
KINGSMILL**

***Members only class**

Please Note- Pilates Reformer class requires preregistration and a 12 hour advance cancellation policy or a \$30 fee will be assessed

Kingsmill Sports Club Group Fitness Schedule-January

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31
6:00am – 6:50 am *Pilates Reformer Intermediate Shannon- Pilates Studio	6:00am – 6:50 am *Cycle Fusion Thomas – Studio iii	6:00am – 6:50 am *Pilates Reformer Intermediate Shannon- Pilates Studio	6:00am – 6:50 am *Cycle Fusion Thomas – Studio iii	6:00am – 6:50am *Cycle Thomas – Studio iii	8:30 am-9:20am Water Aerobics Christine
6:00am – 6:50 am *Cycle Thomas - Studio iii	7:00am – 7:50 am *Pilates Reformer Shannon- Pilates Studio	6:00am – 6:50 am *Cycle Thomas – Studio iii	7:00am – 7:50 am Mat Pilates Martha	7:00 am – 7:50 am Gentle Yoga Dawn	8:30 am-9:20am Cycle Carlo
7:00am – 7:50 am * Pilates Reformer Intermediate Shannon- Pilates Studio	7:00am – 7:50 am Gentle Stretch Christine	7:00 am – 7:50 am Gentle Yoga Payal	8:30 am – 9:20 am * Pilates Reformer Cou-Pilates Studio	8:30 am – 9:20 am Strength & Conditioning Tia	9:30 am-10:20am Muscle Sculpt Tia
7:00am – 7:50 am Yoga Payal	8:30 am – 9:20 am HIIT Tia	8:30 am – 9:20 am Water Aerobics Tia	8:30 am – 9:20 am Balance Lana	8:30 am – 9:20 am Water Aerobics Christine	
8:30am – 9:20 am Aqua Zumba Atsuko	8:30am-9:20am * Pilates Reformer Cou- Pilates Studio	8:30am-9:20am *Pilates with Reformer Cou-Pilates Studio	8:30 am – 9:20 am Aqua Zumba Atsuko	9:30 am – 10:20 am Muscle Sculpt Tia	
8:30am-9:20am Strength & Conditioning Tia	8:30 am – 9:20 am Water Aerobics Lana	8:30am-9:20am Strength & Conditioning Meghan	8:30 am – 9:20 am Tabata Tia	10:30 am - 11:20 am Gentle Stretch Kim	
9:30am – 10:20am Muscle Sculpt Heather	9:30 am – 10:20 am Rhythmic Step Lana	9:30 am – 10:20am Core Tia	9:30 am – 10:20 am Strength Lana		
10:30-11:20 Yoga with Weights- Meghan	10:30 am - 11:20 am Hatha Yoga Evi	10:30 am – 11:20 am Gentle Stretch Tia	9:30am-10:20am Water Aerobics- Tia		
	4:30 pm – 5:20 pm *Pilates Reformer Beginner Cou-Pilates Studio	5:00 pm – 5:50 pm Muscle Sculpt Martha	10:30am-11:20am Zumba Atsuko		
	5:30 pm – 6:20 pm *Pilates Reformer Intermediate Cou-Pilates Studio		5:30-6:20 pm *Pilates Reformer Cou-Pilates Studio		
	6:30pm-7:20pm *Pilates Reformer Intermediate Cou-Pilates Studio				



**THE CLUB AT
KINGSMILL**

***Members only class**

Please Note- Pilates Reformer class requires preregistration and a 12 hour advance cancellation policy or a \$30 fee will be assessed