




## Kingsmill Sports Club Group Fitness Schedule-February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
<p>6:00am – 6:50 am <b>*Pilates Reformer Intermediate</b> Shannon– Pilates Studio</p> <p>6:00am – 6:50 am <b>*Cycle</b> Thomas - Studio iii</p> <p>7:00am – 7:50 am <b>*Pilates Reformer Intermediate</b> Shannon– Pilates Studio</p> <p>7:00am – 7:50 am <b>Yoga</b> Payal</p> <p>8:30am – 9:20 am <b>Aqua Zumba</b> Atsuko</p> <p>8:30am-9:20am <b>Strength &amp; Conditioning</b> Tia</p> <p>9:30am – 10:20am <b>Muscle Sculpt</b> Meghan</p> <p>10:30-11:20 <b>Yoga with Weights-</b> Meghan</p>	<p>6:00am – 6:50 am <b>*Cycle Fusion</b> Thomas – Studio iii</p> <p>7:00am – 7:50 am <b>*Pilates Reformer</b> Patty Pilates Studio</p> <p>7:00am – 7:50 am <b>Gentle Stretch</b> Christine</p> <p>8:30 am – 9:20 am <b>HIIT</b> Tia</p> <p>8:30am-9:20am <b>*Pilates Reformer</b> Cou- Pilates Studio</p> <p>8:30 am – 9:20 am <b>Water Aerobics</b> Lana</p> <p>9:30 am – 10:20 am <b>Rhythmic Step</b> Lana</p> <p>4:30 pm – 5:20 pm <b>*Pilates Reformer Beginner</b> Cou-Pilates Studio</p> <p>5:30 pm – 6:20 pm <b>*Pilates Reformer Intermediate</b> Cou-Pilates Studio</p> <p>6:30pm-7:20pm <b>*Pilates Reformer Intermediate</b> Cou-Pilates Studio</p>	<p>6:00am – 6:50 am <b>*Pilates Reformer Intermediate</b> Shannon– Pilates Studio</p> <p>6:00am – 6:50 am <b>*Cycle</b> Thomas – Studio iii</p> <p>7:00 am – 7:50 am <b>Gentle Yoga</b> Betty</p> <p>8:30 am – 9:20 am <b>Water Aerobics</b> Tia</p> <p>8:30am-9:20am <b>*Pilates with Reformer</b> Cou-Pilates Studio</p> <p>8:30am-9:20am <b>Strength &amp; Conditioning</b> Meghan</p> <p>9:30 am – 10:20am <b>Core</b> Tia</p> <p>10:30 am – 11:20 am <b>Gentle Stretch</b> Kim</p>	<p>6:00am – 6:50 am <b>*Cycle Fusion</b> Thomas – Studio iii</p> <p>7:00am – 7:50 am <b>Mat Pilates</b> Martha</p> <p>8:30 am – 9:20 am <b>*Pilates Reformer</b> Cou-Pilates Studio</p> <p>8:30 am – 9:20 am <b>Balance</b> Lana</p> <p>8:30 am – 9:20 am <b>Aqua Zumba</b> Atsuko</p> <p>8:30 am – 9:20 am <b>Tabata</b> Tia</p> <p>9:30 am – 10:20 am <b>Strength</b> Lana</p> <p>9:30am-10:20am <b>Water Aerobics-</b> Tia</p> <p>10:30am-11:20am <b>Zumba</b> Theresia</p> <p>5:30 pm – 5:50 pm <b>Muscle Sculpt</b> Heather</p> <p>5:30-6:20 pm <b>*Pilates Reformer</b> Cou-Pilates Studio</p>	<p>6:00am – 6:50am <b>*Cycle</b> Thomas – Studio iii</p> <p>7:00 am – 7:50 am <b>Gentle Yoga</b> Dawn</p> <p>8:30 am – 9:20 am <b>Strength &amp; Conditioning</b> Tia</p> <p>8:30 am – 9:20 am <b>Water Aerobics</b> Heather</p> <p>9:30 am – 10:20 am <b>Muscle Sculpt</b> Heather</p> <p>10:30 am - 11:20 am <b>Gentle Stretch</b> Christine</p> <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>	<p>8:30 am-9:20am <b>Water Aerobics</b> Heather</p> <p>8:30 am-9:20am <b>Cycle</b> Carlo</p> <p>9:30 am-10:20am <b>Muscle Sculpt</b> Heather</p>


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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10	11	12	13	14
<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> Shannon- Pilates Studio  <b>7:00am – 7:50 am</b> <b>Gentle Stretch</b> Christine  <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>4:30 pm – 5:20 pm</b> <b>*Pilates Reformer Beginner</b> Cou-Pilates Studio  <b>5:30 pm – 6:20 pm</b> <b>*Pilates Reformer Intermediate</b> Cou-Pilates Studio  <b>6:30pm-7:20pm</b> <b>*Pilates Reformer Intermediate</b> Cou-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>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> Atsuko  <b>5:30 pm – 5:50 pm</b> <b>Muscle Sculpt</b> Heather  <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> Payal  <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> Christine  <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>8:30 am-9:20am</b> <b>Water Aerobics</b> Heather  <b>8:30 am-9:20am</b> <b>Cycle</b> Carlo  <b>9:30 am-10:20am</b> <b>Muscle Sculpt</b> Heather

## Kingsmill Sports Club Group Fitness Schedule-February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16	17	18	19	20	21
<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> Shannon- Pilates Studio  <b>7:00am – 7:50 am</b> <b>Gentle Stretch</b> Christine  <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>4:30 pm – 5:20 pm</b> <b>*Pilates Reformer Beginner</b> Cou-Pilates Studio  <b>5:30 pm – 6:20 pm</b> <b>*Pilates Reformer Intermediate</b> Cou-Pilates Studio  <b>6:30pm-7:20pm</b> <b>*Pilates Reformer Intermediate</b> Cou-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>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 – 5:50 pm</b> <b>Muscle Sculpt</b> Heather  <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> Christine  <b>9:30 am – 10:20 am</b> <b>Muscle Sculpt</b> Tia  <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>8:30 am-9:20am</b> <b>Water Aerobics</b> Christine  <b>8:30 am-9:20am</b> <b>Cycle</b> Dina  <b>9:30 am-10:20am</b> <b>Muscle Sculpt</b> Tia

## Kingsmill Sports Club Group Fitness Schedule-February

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23	24	25	26	27	28
<p>6:00am – 6:50 am <b>*Pilates Reformer Intermediate</b> Shannon– Pilates Studio</p> <p>6:00am – 6:50 am <b>*Cycle</b> Thomas - Studio iii</p> <p>7:00am – 7:50 am <b>*Pilates Reformer Intermediate</b> Shannon– Pilates Studio</p> <p>7:00am – 7:50 am <b>Yoga</b> Payal</p> <p>8:30am – 9:20 am <b>Aqua Zumba</b> Atsuko</p> <p>8:30am-9:20am <b>Strength &amp; Conditioning</b> Tia</p> <p>9:30am – 10:20am <b>Muscle Sculpt</b> Heather</p> <p>10:30-11:20 <b>Yoga with Weights-</b> Meghan</p>	<p>6:00am – 6:50 am <b>*Cycle Fusion</b> Thomas – Studio iii</p> <p>7:00am – 7:50 am <b>*Pilates Reformer</b> Shannon- Pilates Studio</p> <p>7:00am – 7:50 am <b>Gentle Stretch</b> Christine</p> <p>8:30 am – 9:20 am <b>HIIT</b> Tia</p> <p>8:30am-9:20am <b>*Pilates Reformer</b> Cou- Pilates Studio</p> <p>8:30 am – 9:20 am <b>Water Aerobics</b> Lana</p> <p>9:30 am – 10:20 am <b>Rhythmic Step</b> Lana</p> <p>10:30 am - 11:20 am <b>Hatha Yoga</b> Evi</p> <p>4:30 pm – 5:20 pm <b>*Pilates Reformer Beginner</b> Cou-Pilates Studio</p> <p>5:30 pm – 6:20 pm <b>*Pilates Reformer Intermediate</b> Cou-Pilates Studio</p> <p>6:30pm-7:20pm <b>*Pilates Reformer Intermediate</b> Cou-Pilates Studio</p>	<p>6:00am – 6:50 am <b>*Pilates Reformer Intermediate</b> Shannon– Pilates Studio</p> <p>6:00am – 6:50 am <b>*Cycle</b> Thomas – Studio iii</p> <p>7:00 am – 7:50 am <b>Gentle Yoga</b> Payal</p> <p>8:30 am – 9:20 am <b>*Pilates Reformer</b> Cou-Pilates Studio</p> <p>8:30 am – 9:20 am <b>Water Aerobics</b> Tia</p> <p>8:30am-9:20am <b>*Pilates with Reformer</b> Cou-Pilates Studio</p> <p>8:30am-9:20am <b>Strength &amp; Conditioning</b> Meghan</p> <p>9:30 am – 10:20am <b>Core</b> Tia</p> <p>10:30 am – 11:20 am <b>Gentle Stretch</b> Kim</p>	<p>6:00am – 6:50 am <b>*Cycle Fusion</b> Thomas – Studio iii</p> <p>7:00am – 7:50 am <b>Mat Pilates</b> Martha</p> <p>8:30 am – 9:20 am <b>*Pilates Reformer</b> Cou-Pilates Studio</p> <p>8:30 am – 9:20 am <b>Balance</b> Lana</p> <p>8:30 am – 9:20 am <b>Aqua Zumba</b> Atsuko</p> <p>8:30 am – 9:20 am <b>Tabata</b> Tia</p> <p>9:30 am – 10:20 am <b>Strength</b> Lana</p> <p>9:30am-10:20am <b>Water Aerobics-</b> Tia</p> <p>10:30am-11:20am <b>Zumba</b> Theresia</p> <p>5:30 pm – 5:50 pm <b>Muscle Sculpt</b> Heather</p> <p>5:30-6:20 pm <b>*Pilates Reformer</b> Cou-Pilates Studio</p>	<p>6:00am – 6:50am <b>*Cycle</b> Thomas – Studio iii</p> <p>7:00 am – 7:50 am <b>Gentle Yoga</b> Payal</p> <p>8:30 am – 9:20 am <b>Strength &amp; Conditioning</b> Tia</p> <p>8:30 am – 9:20 am <b>Water Aerobics</b> Christine</p> <p>9:30 am – 10:20 am <b>Muscle Sculpt</b> Tia</p> <p>10:30 am - 11:20 am <b>Gentle Stretch</b> Christine</p> <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>	<p>8:30 am-9:20am <b>Water Aerobics</b> Heather</p> <p><b>DOUBLE PUMP Challenge!</b> Try these classes back to back! 8:30 am-9:20am <b>Cycle</b> Carlo</p> <p>9:30 am-10:20am <b>Muscle Sculpt</b> Heather</p>