



## Kingsmill Sports Club Group Fitness Schedule- APRIL

a

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4
<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> Meghan</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> Patti-Pilates Studio</p> <p>7:00am – 7:50 am <b>Hatha Yoga</b> Kim</p> <p>8:30 am – 9:20 am <b>HIIT</b> Meghan</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> Martha-Pilates Studio</p> <p>5:30 pm – 6:20 pm <b>*Pilates Reformer Intermediate</b> Martha-Pilates Studio</p> <p>6:30pm-7:20pm <b>*Pilates Reformer Intermediate</b> Martha-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>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> Christine</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 – 6:20pm <b>Muscle Sculpt</b> CANCELLED</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> Meghan</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> Meghan</p> <p>10:30 am - 11:20 am <b>Gentle Stretch</b> Christine</p> <div style="text-align: center;">   <p>THE CLUB AT <b>KINGSMILL</b></p> </div> <p><b>*Members only class</b></p> <p><i>Please Note- Pilates Reformer class requires preregistration and a 12 hour advance cancellation policy or a \$30 fee will be assessed</i></p>	<p>8:30 am-9:20am <b>Water Aerobics</b> Christine</p> <p>8:30 am-9:20am <b>Cycle</b> Thomas</p> <p>9:30 am-10:20am <b>Muscle Sculpt</b> CANCELLED</p>


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a

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<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> Heather</p> <p>8:30am-9:20am <b>Strength &amp; Conditioning</b> Meghan</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> Patti-Pilates Studio</p> <p>7:00am – 7:50 am <b>Hatha Yoga</b> Meghan</p> <p>8:30 am – 9:20 am <b>HIIT</b> Meghan</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> Martha-Pilates Studio</p> <p>5:30 pm – 6:20 pm <b>*Pilates Reformer Intermediate</b> Martha-Pilates Studio</p> <p>6:30pm-7:20pm <b>*Pilates Reformer Intermediate</b> Martha-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>Water Aerobics</b> Christine</p> <p>8:30am-9:20am <b>*Pilates with Reformer</b> Martha-Pilates Studio</p> <p>8:30am-9:20am <b>Strength &amp; Conditioning</b> Meghan</p> <p>9:30 am – 10:20am <b>Core</b> Meghan</p> <p>10:30 am – 11:20 am <b>Gentle Stretch</b> Christine</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> CANVCALLED</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> Meghan</p> <p>9:30 am – 10:20 am <b>Strength</b> Lana</p> <p>9:30am-10:20am <b>Water Aerobics-</b> Christine</p> <p>10:30am-11:20am <b>Zumba</b> Theresia</p> <p>5:30 pm – 6:20pm <b>Muscle Sculpt</b> Martha</p> <p>5:30-6:20 pm <b>*Pilates Reformer</b> Patty-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> Meghan</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> Meghan</p> <p>10:30 am - 11:20 am <b>Gentle Stretch</b> Christine</p> <div style="text-align: center;">  <p>THE CLUB AT <b>KINGSMILL</b></p> </div> <p><b>*Members only class</b></p> <p><i>Please Note- Pilates Reformer class requires preregistration and a 12 hour advance cancellation policy or a \$30 fee will be assessed</i></p>	<p>8:30 am-9:20am <b>Water Aerobics</b> Atsuko</p> <p>8:30 am-9:20am <b>Cycle</b> Thomas</p> <p>9:30 am-10:20am <b>Muscle Sculpt</b> Martha</p>


## Kingsmill Sports Club Group Fitness Schedule-April

a

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	14	15	16	17	18
<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>Hatha Yoga</b> Kim</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> Patty-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>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> Christine</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> Sharon</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> Atsuko</p> <p>5:30 pm – 6:20pm <b>Muscle Sculpt</b> Heather</p> <p>5:30-6:20pm <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;">  <p>THE CLUB AT <b>KINGSMILL</b></p> </div> <p><b>*Members only class</b></p> <p><i>Please Note– Pilates Reformer class requires preregistration and a 12 hour advance cancellation policy or a \$30 fee will be assessed</i></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>


## Kingsmill Sports Club Group Fitness Schedule-April

a

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	23	24	25
<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>Hatha Yoga</b> Kim</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> Martha-Pilates Studio</p> <p>5:30 pm – 6:20 pm <b>*Pilates Reformer Intermediate</b> Martha-Pilates Studio</p> <p>6:30pm-7:20pm <b>*Pilates Reformer Intermediate</b> Martha-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>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> Christine</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 – 6:20pm <b>Muscle Sculpt</b> Heather</p> <p>5:30-6:20pm <b>*Pilates Reformer</b> Shannon-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> Sharon</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;">  <p>THE CLUB AT <b>KINGSMILL</b></p> </div> <p><b>*Members only class</b></p> <p><i>Please Note– Pilates Reformer class requires preregistration and a 12 hour advance cancellation policy or a \$30 fee will be assessed</i></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>

## Kingsmill Sports Club Group Fitness Schedule-April

a

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1
<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>Hatha Yoga</b> Kim</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> Martha-Pilates Studio</p> <p>5:30 pm – 6:20 pm <b>*Pilates Reformer Intermediate</b> Martha-Pilates Studio</p> <p>6:30pm-7:20pm <b>*Pilates Reformer Intermediate</b> Martha-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>Water Aerobics</b> Tia</p> <p>8:30am-9:20am <b>*Pilates with Reformer</b> Martha-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> Christine</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> Martha-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;">  <p>THE CLUB AT <b>KINGSMILL</b></p> </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>