



## Kingsmill Sports Club Group Fitness Schedule- May

a

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>4</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>7:00am – 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>5</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> Sharon</p> <p>8:30 am – 9:20 am <b>HIIT</b> Tia</p> <p>8:30am-9:20am <b>*Pilates Reformer</b> Patti-Pilates Studio</p> <p>8:30 am – 9:20 am <b>Water Aerobics</b> Christine</p> <p>9:30 am – 10:20 am <b>Rhythmic Step</b> CANCELLED</p> <p>10:30-11:20 <b>Tai Chi</b> Alana</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</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>7</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>8</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> Sharon</p> <div style="text-align: center; margin-top: 20px;">  <p>THE CLUB AT <b>KINGSMILL</b></p> </div> <p style="text-align: center; margin-top: 10px;"><b>*Members only class</b></p> <p style="text-align: center; margin-top: 10px;"><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>9</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
<p>11</p> <p><b>6:00am – 6:50 am</b> *Pilates Reformer Intermediate Shannon- Pilates Studio</p> <p><b>6:00am – 6:50 am</b> *Cycle Thomas - Studio iii</p> <p><b>7:00am – 7:50 am</b> *Pilates Reformer Intermediate Shannon- Pilates Studio</p> <p><b>7:00am – 7:50 am</b> Yoga Payal</p> <p><b>8:30am – 9:20 am</b> Aqua Zumba Atsuko</p> <p><b>8:30am-9:20am</b> Strength &amp; Conditioning Tia</p> <p><b>9:30am – 10:20am</b> Muscle Sculpt Heather</p> <p><b>10:30-11:20</b> Yoga with Weights- Meghan</p>	<p>12</p> <p><b>6:00am – 6:50 am</b> *Cycle Fusion Thomas – Studio iii</p> <p><b>7:00am – 7:50 am</b> *Pilates Reformer Patti-Pilates Studio</p> <p><b>7:00am – 7:50 am</b> Hatha Yoga Kim</p> <p><b>8:30 am – 9:20 am</b> HIIT Tia</p> <p><b>8:30am-9:20am</b> *Pilates Reformer Cou-Pilates Studio</p> <p><b>8:30 am – 9:20 am</b> Water Aerobics Lana</p> <p><b>9:30 am – 10:20 am</b> Rhythmic Step Lana</p> <p><b>10:30-11:20</b> Tai Chi Alana</p> <p><b>4:30 pm – 5:20 pm</b> *Pilates Reformer Beginner Martha-Pilates Studio</p> <p><b>5:30 pm – 6:20 pm</b> *Pilates Reformer Intermediate Martha-Pilates Studio</p> <p><b>6:30pm-7:20pm</b> *Pilates Reformer Intermediate Martha-Pilates Studio</p>	<p>13</p> <p><b>6:00am – 6:50 am</b> *Pilates Reformer Intermediate Shannon- Pilates Studio</p> <p><b>6:00am – 6:50 am</b> *Cycle Thomas – Studio iii</p> <p><b>7:00 am – 7:50 am</b> Gentle Yoga Payal</p> <p><b>8:30 am – 9:20 am</b> Water Aerobics Tia</p> <p><b>8:30am-9:20am</b> *Pilates with Reformer Cou-Pilates Studio</p> <p><b>8:30am-9:20am</b> Strength &amp; Conditioning Meghan</p> <p><b>9:30 am – 10:20am</b> Core Tia</p> <p><b>10:30 am – 11:20 am</b> Gentle Stretch Christine</p>	<p>14</p> <p><b>6:00am – 6:50 am</b> *Cycle Fusion Thomas – Studio iii</p> <p><b>7:00am – 7:50 am</b> Mat Pilates Martha</p> <p><b>8:30 am – 9:20 am</b> *Pilates Reformer Cou-Pilates Studio</p> <p><b>8:30 am – 9:20 am</b> Balance Lana</p> <p><b>8:30 am – 9:20 am</b> Aqua Zumba Atsuko</p> <p><b>8:30 am – 9:20 am</b> Tabata Tia</p> <p><b>9:30 am – 10:20 am</b> Strength Lana</p> <p><b>9:30am-10:20am</b> Water Aerobics- Tia</p> <p><b>10:30am-11:20am</b> Zumba Theresia</p> <p><b>5:30 pm – 5:50 pm</b> Muscle Sculpt Heather</p> <p><b>5:30-6:20 pm</b> *Pilates Reformer Cou-Pilates Studio</p>	<p>15</p> <p><b>6:00am – 6:50am</b> *Cycle Thomas – Studio iii</p> <p><b>7:00 am – 7:50 am</b> Gentle Yoga Dawn</p> <p><b>8:30 am – 9:20 am</b> Strength &amp; Conditioning Tia</p> <p><b>8:30 am – 9:20 am</b> Water Aerobics Heather</p> <p><b>9:30 am – 10:20 am</b> Muscle Sculpt Heather</p> <p><b>10:30 am - 11:20 am</b> Gentle Stretch Heather</p> <div style="text-align: center; margin-top: 20px;">   <p>THE CLUB AT <b>KINGSMILL</b></p> </div> <p style="text-align: center; color: #003366;"><b>*Members only class</b></p> <p style="text-align: center; color: #003366;"><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>16</p> <p><b>8:30 am-9:20am</b> Water Aerobics Heather</p> <p><b>8:30 am-9:20am</b> Cycle Carlo</p> <p><b>9:30 am-10:20am</b> Muscle Sculpt Heather</p>


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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>18</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>7:00am – 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> Me-Meghan</p>	<p>19</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> 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>10:30-11:20 <b>Tai Chi</b> Alana</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>20</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>21</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>22</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; margin-top: 20px;">  <p style="font-size: small; margin: 0;">THE CLUB AT</p> <h1 style="margin: 0;">KINGSMILL</h1> </div> <p style="text-align: center; font-weight: bold; color: #003366; font-style: italic;">*Members only class</p> <p style="text-align: center; font-weight: bold; color: #003366; font-style: italic;">Please Note- Pilates Reformer class requires preregistration and a 12 hour advance cancellation policy or a \$30 fee will be assessed</p>	<p>23</p> <p>8:30 am-9:20am <b>Water Aerobics</b> Heather</p> <p>8:30 am-9:20am <b>Cycle</b> Thomas</p> <p>9:30 am-10:20am <b>Muscle Sculpt</b> Heather</p>

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>25</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>7:00am – 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>26</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> 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>10:30-11:20 <b>Tai Chi</b> Alana</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>27</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>28</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>29</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; margin-top: 20px;">  <p>THE CLUB AT <b>KINGSMILL</b></p> </div> <p style="text-align: center; margin-top: 10px;"><b>*Members only class</b></p> <p style="text-align: center; margin-top: 10px;"><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>30</p> <p>8:30 am-9:20am <b>Water Aerobics</b> Heather</p> <p>8:30 am-9:20am <b>Cycle</b> Thomas</p> <p>9:30 am-10:20am <b>Muscle Sculpt</b> Heather</p>