




Kingsmill Sports Club Group Fitness Schedule- June

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| <p>1</p> <p>6:00am – 6:50 am *Pilates Reformer Intermediate Shannon- Pilates Studio</p> <p>6:00am – 6:50 am *Cycle Thomas - Studio iii</p> <p>7:00am – 7:50 am *Pilates Reformer Intermediate Shannon- Pilates Studio</p> <p>7:00am – 7:50 am Yoga Payal</p> <p>8:30am – 9:20 am Aqua Zumba Atsuko</p> <p>8:30am-9:20am Strength & Conditioning Tia</p> <p>9:30am – 10:20am Muscle Sculpt Heather</p> <p>10:30-11:20 Yoga with Weights- Meghan</p> | <p>2</p> <p>6:00am – 6:50 am *Cycle Fusion Thomas – Studio iii</p> <p>7:00am – 7:50 am *Pilates Reformer Patti-Pilates Studio</p> <p>7:00am – 7:50 am Hatha Yoga Kim</p> <p>8:30 am – 9:20 am HIIT Tia</p> <p>8:30am-9:20am *Pilates Reformer Cou-Pilates Studio</p> <p>8:30 am – 9:20 am Water Aerobics Lana</p> <p>9:30 am – 10:20 am Rhythmic Step Lana</p> <p>10:30-11:20 Tai Chi Alana</p> <p>4:30 pm – 5:20 pm *Pilates Reformer Beginner Martha-Pilates Studio</p> <p>5:30 pm – 6:20 pm *Pilates Reformer Intermediate Martha-Pilates Studio</p> <p>6:30pm-7:20pm *Pilates Reformer Intermediate Martha-Pilates Studio</p> | <p>3</p> <p>6:00am – 6:50 am *Pilates Reformer Intermediate Shannon- Pilates Studio</p> <p>6:00am – 6:50 am *Cycle Thomas – Studio iii</p> <p>7:00 am – 7:50 am Gentle Yoga Payal</p> <p>8:30 am – 9:20 am Water Aerobics Tia</p> <p>8:30am-9:20am *Pilates with Reformer Cou-Pilates Studio</p> <p>8:30am-9:20am Strength & Conditioning Meghan</p> <p>9:30 am – 10:20am Core Tia</p> <p>10:30 am – 11:20 am Gentle Stretch Christine</p> | <p>4</p> <p>6:00am – 6:50 am *Cycle Fusion Thomas – Studio iii</p> <p>7:00am – 7:50 am Mat Pilates Martha</p> <p>8:30 am – 9:20 am *Pilates Reformer Cou-Pilates Studio</p> <p>8:30 am – 9:20 am Balance Lana</p> <p>8:30 am – 9:20 am Aqua Zumba Atsuko</p> <p>8:30 am – 9:20 am Tabata Tia</p> <p>9:30 am – 10:20 am Strength Lana</p> <p>9:30am-10:20am Water Aerobics- Tia</p> <p>10:30am-11:20am Zumba Theresia</p> <p>5:30 pm – 6:20pm Muscle Sculpt Heather</p> <p>5:30-6:20 pm *Pilates Reformer Martha-Pilates Studio</p> | <p>5</p> <p>6:00am – 6:50am *Cycle Thomas – Studio iii</p> <p>7:00 am – 7:50 am Gentle Yoga Dawn</p> <p>8:30 am – 9:20 am Strength & Conditioning Tia</p> <p>8:30 am – 9:20 am Water Aerobics Heather</p> <p>9:30 am – 10:20 am Muscle Sculpt Heather</p> <p>10:30 am - 11:20 am Gentle Stretch Christine</p> <div style="text-align: center; margin-top: 20px;">  THE CLUB AT KINGSMILL </div> <p style="text-align: center; margin-top: 10px;">*Members only class</p> <p style="text-align: center; margin-top: 10px;">Please Note- Pilates Reformer class requires preregistration and a 12 hour advance cancellation policy or a \$30 fee will be assessed</p> | <p>6</p> <p>8:30 am-9:20am Water Aerobics Heather</p> <p>8:30 am-9:20am Cycle Carlo</p> <p>9:30 am-10:20am Muscle Sculpt Heather</p> |


Kingsmill Sports Club Group Fitness Schedule- June

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| 8 | 9 | 10 | 11 | 12 | 13 |
| <p>6:00am – 6:50 am *Pilates Reformer Intermediate Shannon- Pilates Studio</p> <p>6:00am – 6:50 am *Cycle Thomas - Studio iii</p> <p>7:00am – 7:50 am *Pilates Reformer Intermediate Shannon- Pilates Studio</p> <p>7:00am – 7:50 am Yoga Payal</p> <p>8:30am – 9:20 am Aqua Zumba Atsuko</p> <p>8:30am-9:20am Strength & Conditioning Tia</p> <p>9:30am – 10:20am Muscle Sculpt Heather</p> <p>10:30-11:20 Yoga with Weights- Meghan</p> | <p>6:00am – 6:50 am *Cycle Fusion Thomas – Studio iii</p> <p>7:00am – 7:50 am *Pilates Reformer Patti-Pilates Studio</p> <p>7:00am – 7:50 am Hatha Yoga Kim</p> <p>8:30 am – 9:20 am HIIT Tia</p> <p>8:30am-9:20am *Pilates Reformer Cou-Pilates Studio</p> <p>8:30 am – 9:20 am Water Aerobics Lana</p> <p>9:30 am – 10:20 am Rhythmic Step Lana</p> <p>10:30-11:20 Tai Chi Alana</p> <p>4:30 pm – 5:20 pm *Pilates Reformer Beginner Martha-Pilates Studio</p> <p>5:30 pm – 6:20 pm *Pilates Reformer Intermediate Martha-Pilates Studio</p> <p>6:30pm-7:20pm *Pilates Reformer Intermediate Martha-Pilates Studio</p> | <p>6:00am – 6:50 am *Pilates Reformer Intermediate Shannon- Pilates Studio</p> <p>6:00am – 6:50 am *Cycle Thomas – Studio iii</p> <p>7:00 am – 7:50 am Gentle Yoga Payal</p> <p>8:30 am – 9:20 am Water Aerobics Tia</p> <p>8:30am-9:20am *Pilates with Reformer Cou-Pilates Studio</p> <p>8:30am-9:20am Strength & Conditioning Meghan</p> <p>9:30 am – 10:20am Core Tia</p> <p>10:30 am – 11:20 am Gentle Stretch Christine</p> | <p>6:00am – 6:50 am *Cycle Fusion Thomas – Studio iii</p> <p>7:00am – 7:50 am Mat Pilates Martha</p> <p>8:30 am – 9:20 am *Pilates Reformer Cou-Pilates Studio</p> <p>8:30 am – 9:20 am Balance Lana</p> <p>8:30 am – 9:20 am Aqua Zumba Atsuko</p> <p>8:30 am – 9:20 am Tabata Tia</p> <p>9:30 am – 10:20 am Strength Lana</p> <p>9:30am-10:20am Water Aerobics- Tia</p> <p>10:30am-11:20am Zumba Theresia</p> <p>5:30 pm – 6:20pm Muscle Sculpt Heather</p> <p>5:30-6:20 pm *Pilates Reformer Cou-Pilates Studio</p> | <p>6:00am – 6:50am *Cycle Thomas – Studio iii</p> <p>7:00 am – 7:50 am Gentle Yoga Dawn</p> <p>8:30 am – 9:20 am Strength & Conditioning Tia</p> <p>8:30 am – 9:20 am Water Aerobics Heather</p> <p>9:30 am – 10:20 am Muscle Sculpt Heather</p> <p>10:30 am - 11:20 am Gentle Stretch Christine</p> <div style="text-align: center;">  <p>THE CLUB AT KINGSMILL</p> </div> <p>*Members only class</p> <p>Please Note- Pilates Reformer class requires preregistration and a 12 hour advance cancellation policy or a \$30 fee will be assessed</p> | <p>8:30 am-9:20am Water Aerobics Heather</p> <p>8:30 am-9:20am Cycle Carlo</p> <p>9:30 am-10:20am Muscle Sculpt Heather</p> |


Kingsmill Sports Club Group Fitness Schedule- June

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| <p>15</p> <p>6:00am – 6:50 am *Pilates Reformer Intermediate Shannon- Pilates Studio</p> <p>6:00am – 6:50 am *Cycle Thomas - Studio iii</p> <p>7:00am – 7:50 am *Pilates Reformer Intermediate Cou- Pilates Studio</p> <p>7:00am – 7:50 am Yoga Payal</p> <p>8:30am – 9:20 am Aqua Zumba Atsuko</p> <p>8:30am-9:20am Strength & Conditioning Tia</p> <p>9:30am – 10:20am Muscle Sculpt Heather</p> <p>10:30-11:20 Yoga with Weights- Meghan</p> | <p>16</p> <p>6:00am – 6:50 am *Cycle Fusion Thomas – Studio iii</p> <p>7:00am – 7:50 am *Pilates Reformer Patti-Pilates Studio</p> <p>7:00am – 7:50 am Hatha Yoga Kim</p> <p>8:30 am – 9:20 am HIIT Tia</p> <p>8:30am-9:20am *Pilates Reformer Cou-Pilates Studio</p> <p>8:30 am – 9:20 am Water Aerobics Lana</p> <p>9:30 am – 10:20 am Rhythmic Step Lana</p> <p>10:30-11:20 Tai Chi Alana</p> <p>4:30 pm – 5:20 pm *Pilates Reformer Beginner Martha-Pilates Studio</p> <p>5:30 pm – 6:20 pm *Pilates Reformer Intermediate Martha-Pilates Studio</p> <p>6:30pm-7:20pm *Pilates Reformer Intermediate Martha-Pilates Studio</p> | <p>17</p> <p>6:00am – 6:50 am *Pilates Reformer Intermediate Shannon- Pilates Studio</p> <p>6:00am – 6:50 am *Cycle Thomas – Studio iii</p> <p>7:00 am – 7:50 am Gentle Yoga Payal</p> <p>8:30 am – 9:20 am Water Aerobics Tia</p> <p>8:30am-9:20am *Pilates with Reformer Cou-Pilates Studio</p> <p>8:30am-9:20am Strength & Conditioning Meghan</p> <p>9:30 am – 10:20am Core Tia</p> <p>10:30 am – 11:20 am Gentle Stretch Christine</p> | <p>18</p> <p>6:00am – 6:50 am *Cycle Fusion Thomas – Studio iii</p> <p>7:00am – 7:50 am Mat Pilates Martha</p> <p>8:30 am – 9:20 am *Pilates Reformer Cou-Pilates Studio</p> <p>8:30 am – 9:20 am Balance Lana</p> <p>8:30 am – 9:20 am Aqua Zumba Atsuko</p> <p>8:30 am – 9:20 am Tabata Tia</p> <p>9:30 am – 10:20 am Strength Lana</p> <p>9:30am-10:20am Water Aerobics- Tia</p> <p>10:30am-11:20am Zumba Theresia</p> <p>5:30 pm – 6:20 pm Muscle Sculpt Heather</p> <p>5:30-6:20 pm *Pilates Reformer Cou-Pilates Studio</p> | <p>19</p> <p>6:00am – 6:50am *Cycle Thomas – Studio iii</p> <p>7:00 am – 7:50 am Gentle Yoga Dawn</p> <p>8:30 am – 9:20 am Strength & Conditioning Tia</p> <p>8:30 am – 9:20 am Water Aerobics Heather</p> <p>9:30 am – 10:20 am Muscle Sculpt Heather</p> <p>10:30 am - 11:20 am Gentle Stretch Christine</p> <div style="text-align: center; margin-top: 20px;">  <p>THE CLUB AT KINGSMILL</p> </div> <p style="text-align: center; margin-top: 10px;">*Members only class</p> <p style="text-align: center; margin-top: 10px;"><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>20</p> <p>8:30 am-9:20am Water Aerobics Heather</p> <p>8:30 am-9:20am Cycle Carlo</p> <p>9:30 am-10:20am Muscle Sculpt Heather</p> |

Kingsmill Sports Club Group Fitness Schedule– June

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| <p>22</p> <p>6:00am – 6:50 am *Pilates Reformer Intermediate Shannon– Pilates Studio</p> <p>6:00am – 6:50 am *Cycle Thomas - Studio iii</p> <p>7:00am – 7:50 am *Pilates Reformer Intermediate Cou– Pilates Studio</p> <p>7:00am – 7:50 am Yoga Payal</p> <p>8:30am – 9:20 am Aqua Zumba Atsuko</p> <p>8:30am-9:20am Strength & Conditioning Tia</p> <p>9:30am – 10:20am Muscle Sculpt Heather</p> <p>10:30-11:20 Yoga with Weights- Meghan</p> | <p>23</p> <p>6:00am – 6:50 am *Cycle Fusion Thomas – Studio iii</p> <p>7:00am – 7:50 am *Pilates Reformer Cou-Pilates Studio</p> <p>7:00am – 7:50 am Hatha Yoga Kim</p> <p>8:30 am – 9:20 am HIIT Tia</p> <p>8:30am-9:20am *Pilates Reformer Cou-Pilates Studio</p> <p>8:30 am – 9:20 am Water Aerobics Lana</p> <p>9:30 am – 10:20 am Rhythmic Step Lana</p> <p>10:30-11:20 Tai Chi Alana</p> <p>4:30 pm – 5:20 pm *Pilates Reformer Beginner CANCELLED</p> <p>5:30 pm – 6:20 pm *Pilates Reformer Intermediate CANCELLED</p> <p>6:30pm-7:20pm *Pilates Reformer Intermediate CANCELLED</p> | <p>24</p> <p>6:00am – 6:50 am *Pilates Reformer Intermediate Shannon– Pilates Studio</p> <p>6:00am – 6:50 am *Cycle Thomas – Studio iii</p> <p>7:00 am – 7:50 am Gentle Yoga Payal</p> <p>8:30 am – 9:20 am Water Aerobics Tia</p> <p>8:30am-9:20am *Pilates with Reformer CANCELLED</p> <p>8:30am-9:20am Strength & Conditioning Meghan</p> <p>9:30 am – 10:20am Core Tia</p> <p>10:30 am – 11:20 am Gentle Stretch Betty</p> | <p>25</p> <p>6:00am – 6:50 am *Cycle Fusion Thomas – Studio iii</p> <p>7:00am – 7:50 am Yoga Payal</p> <p>8:30 am – 9:20 am *Pilates Reformer CANCELLED</p> <p>8:30 am – 9:20 am Balance Lana</p> <p>8:30 am – 9:20 am Aqua Zumba Atsuko</p> <p>8:30 am – 9:20 am Tabata Tia</p> <p>9:30 am – 10:20 am Strength Lana</p> <p>9:30am-10:20am Water Aerobics- Tia</p> <p>10:30am-11:20am Zumba Theresia</p> <p>5:30 pm – 6:20 pm Muscle Sculpt Heather</p> <p>5:30-6:20 pm *Pilates Reformer CANCELLED</p> | <p>26</p> <p>6:00am – 6:50am *Cycle Thomas – Studio iii</p> <p>7:00 am – 7:50 am Gentle Yoga Dawn</p> <p>8:30 am – 9:20 am Strength & Conditioning Tia</p> <p>8:30 am – 9:20 am Water Aerobics Heather</p> <p>9:30 am – 10:20 am Muscle Sculpt Heather</p> <p>10:30 am - 11:20 am Gentle Stretch Betty</p> <div style="text-align: center; margin-top: 20px;">  <p>THE CLUB AT KINGSMILL</p> </div> <p style="text-align: center; margin-top: 10px;">*Members only class</p> <p style="text-align: center; margin-top: 10px;"><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>27</p> <p>8:30 am-9:20am Water Aerobics Heather</p> <p>8:30 am-9:20am Cycle Carlo</p> <p>9:30 am-10:20am Muscle Sculpt Heather</p> |

Kingsmill Sports Club Group Fitness Schedule– June

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| 29 | 30 | | | | |
| <p>6:00am – 6:50 am *Pilates Reformer Intermediate Shannon– Pilates Studio</p> <p>6:00am – 6:50 am *Cycle Thomas - Studio iii</p> <p>7:00am – 7:50 am *Pilates Reformer Intermediate Cou– Pilates Studio</p> <p>7:00am – 7:50 am Yoga Sharon</p> <p>8:30am – 9:20 am Aqua Zumba Atsuko</p> <p>8:30am-9:20am Strength & Conditioning Tia</p> <p>9:30am – 10:20am Muscle Sculpt Heather</p> <p>10:30-11:20 Yoga with Weights- Meghan</p> | <p>6:00am – 6:50 am *Cycle Fusion Thomas – Studio iii</p> <p>7:00am – 7:50 am *Pilates Reformer Patti-Pilates Studio</p> <p>7:00am – 7:50 am Hatha Yoga Meghan</p> <p>8:30 am – 9:20 am HIIT Tia</p> <p>8:30am-9:20am *Pilates Reformer Cou-Pilates Studio</p> <p>8:30 am – 9:20 am Water Aerobics Lana</p> <p>9:30 am – 10:20 am Rhythmic Step Lana</p> <p>10:30-11:20 Tai Chi Alana</p> <p>4:30 pm – 5:20 pm *Pilates Reformer Beginner Martha-Pilates Studio</p> <p>5:30 pm – 6:20 pm *Pilates Reformer Intermediate Martha-Pilates Studio</p> <p>6:30pm-7:20pm *Pilates Reformer Intermediate Martha-Pilates Studio</p> | | |  <p style="text-align: center;">THE CLUB AT KINGSMILL</p> <p>* Members only class</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> | |