

Kingsmill Sports Club Group Fitness Schedule– July

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|--|---|
| 29 | 30 | 1 | 2 | 3 | 4 |
| <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 Yoga Payal</p> <p>8:30am – 9:20 am Aqua Zumba Atsuko</p> <p>8:30am-9:20am *Pilates Reformer Intermediate Cou– Pilates Studio</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 Martha-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> | <p style="color: red;">4th of July FAMILY</p> <p style="color: red;">7:00am FUN RUN!</p> <p style="color: red;">(2 or 4 mile run/ walk– medal included)</p> <p style="color: red;">River Course Back 9</p> <p style="color: red;">Meet at the back of EAGLES</p> |




****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 Striders walking group meets TUESDAY at 8am!


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|--|---|---|---|---|--|
| 06 | 07 | 08 | 09 | 10 | 11 |
| <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 Yoga Payal</p> <p>8:30am – 9:20 am Aqua Zumba Atsuko</p> <p>8:30am-9:20am *Pilates Reformer Intermediate Cou– Pilates Studio</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 Cou Pilates Studio</p> <p>7:00am – 7:50 am Hatha Yoga Payal</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><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>Kingsmill Striders walking group meets TUESDAY at 8am!</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– July

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|---|--|
| 13 | 14 | 15 | 16 | 17 | 18 |
| <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 Yoga Payal</p> <p>8:30am – 9:20 am Aqua Zumba Atsuko</p> <p>8:30am-9:20am *Pilates Reformer Intermediate Martha- Pilates Studio</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 PattiyPilates Studio</p> <p>7:00am – 7:50 am Hatha Yoga Payal</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>10:30am-11:20am 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 Martha-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><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>Kingsmill Striders walking group meets TUESDAY at 8am!</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– July

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|--|--|
| 20 | 21 | 22 | 23 | 24 | 25 |
| <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 Yoga Payal</p> <p>8:30am – 9:20 am Aqua Zumba Atsuko</p> <p>8:30am – 9:20am *Pilates Reformer Intermediate Cou– Pilates Studio</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 Cou-Pilates Studio</p> <p>7:00am – 7:50 am Hatha Yoga Payal</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 Atsuko</p> <p>5:30 pm – 6:20pm Muscle Sculpt Heather</p> <p>5:30-6:20 pm *Pilates Reformer Martha-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><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>Kingsmill Striders walking group meets TUESDAY at 8am!</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> |

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|--|---|---|--|---|--|
| 27 | 28 | 29 | 30 | 31 | 01 |
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