

Kingsmill Sports Club Group Fitness Schedule– September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5
6:00am – 6:50 am *Pilates Reformer Intermediate Shannon– Pilates Studio 6:00am – 6:50 am *Cycle Thomas - Studio iii 7:00am – 7:50 am Yoga Payal 8:30am – 9:20 am Aqua Zumba Atsuko 8:30am-9:20am *Pilates-Circuit Reformer Cou-Pilates Studio 8:30am-9:20am Strength & Conditioning Meghan 9:30am – 10:20am Muscle Sculpt Meghan 10:30-11:20 Yoga with Weights- Meghan	6:00am – 6:50 am *Cycle Fusion Thomas – Studio iii 7:00am – 7:50 am *Pilates Reformer Patty-Pilates Studio 7:00am – 7:50 am Hatha Yoga Kim 8:30 am – 9:20 am HIIT Tia 8:30am-9:20am *Pilates-Circuit Reformer Cou-Pilates Studio 8:30 am – 9:20 am Water Aerobics Lana 9:30 am – 10:20 am Rhythmic Step Lana 4:30 pm – 5:20 pm *Pilates Reformer Beginner Martha-Pilates Studio 5:30 pm – 6:20 pm *Pilates Reformer Intermediate Martha-Pilates Studio 6:30pm-7:20pm *Pilates Reformer Intermediate Martha-Pilates Studio	6:00am – 6:50 am *Pilates Reformer Intermediate Shannon– Pilates Studio 6:00am – 6:50 am *Cycle Thomas – Studio iii 7:00 am – 7:50 am Gentle Yoga Payal 8:30 am – 9:20 am Water Aerobics Tia 8:30am-9:20am *Pilates-Circuit Reformer Cou-Pilates Studio 8:30am-9:20am Strength & Conditioning Meghan 9:30 am – 10:20am Core Tia 10:30 am – 11:20 am Gentle Stretch Christine	6:00am – 6:50 am *Cycle Fusion Thomas – Studio iii 7:00am – 7:50 am Mat Pilates Martha 8:30 am – 9:20 am *Pilates-Circuit Reformer Cou-Pilates Studio 8:30 am – 9:20 am Balance Lana 8:30 am – 9:20 am Aqua Zumba Atsuko 8:30 am – 9:20 am Tabata Tia 9:30 am – 10:20 am Strength Lana 9:30am-10:20am Water Aerobics- Tia 10:30am-11:20am Zumba Theresa 5:30 pm – 6:20pm Muscle Sculpt Martha 5:30pm-6:20 pm *Pilates Reformer Cou-Pilates Studio	6:00am – 6:50am *Cycle Thomas – Studio iii 7:00 am – 7:50 am Yoga Dawn 8:30 am – 9:20 am Strength & Conditioning Tia 8:30 am – 9:20 am Water Aerobics Christine 9:30 am – 10:20 am Muscle Sculpt Tia 10:30 am - 11:20 am Gentle Stretch Christine  THE CLUB AT KINGSMILL *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!	8:30 am-9:20am Water Aerobics Christine 8:30 am-9:20am Cycle Cancelled 9:30 am-10:20am Muscle Sculpt Tia

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8	9	10	11	12
6:00am – 6:50 am *Pilates Reformer Intermediate Shannon– Pilates Studio 6:00am – 6:50 am *Cycle Thomas - Studio iii 7:00am – 7:50 am Yoga Payal 8:30am – 9:20 am Aqua Zumba Atsuko 8:30am-9:20am *Pilates-Circuit Reformer Cou-Pilates Studio 8:30am-9:20am Strength & Conditioning Tia 9:30am – 10:20am Muscle Sculpt Tia 10:30-11:20 Yoga with Weights- Meghan	6:00am – 6:50 am *Cycle Fusion Thomas – Studio iii 7:00am – 7:50 am *Pilates Reformer Patty-Pilates Studio 7:00am – 7:50 am Hatha Yoga Kim 8:30 am – 9:20 am HIIT Tia 8:30am-9:20am *Pilates-Circuit Reformer -Patty- Pilates Studio 8:30 am – 9:20 am Water Aerobics Lana 9:30 am – 10:20 am Rhythmic Step Lana 4:30 pm – 5:20 pm *Pilates Reformer Beginner Martha-Pilates Studio 5:30 pm – 6:20 pm *Pilates Reformer Intermediate Martha-Pilates Studio 6:30pm-7:20pm *Pilates Reformer Intermediate Martha-Pilates Studio	6:00am – 6:50 am *Pilates Reformer Intermediate Shannon– Pilates Studio 6:00am – 6:50 am *Cycle Thomas – Studio iii 7:00 am – 7:50 am Gentle Yoga Payal 8:30 am – 9:20 am Water Aerobics Tia 8:30am-9:20am *Pilates-Circuit Reformer Cou-Pilates Studio 8:30am-9:20am Strength & Conditioning Meghan 9:30 am – 10:20am Core Tia 10:30 am – 11:20 am Gentle Stretch Christine	6:00am – 6:50 am *Cycle Fusion Thomas – Studio iii 7:00am – 7:50 am Mat Pilates Martha 8:30 am – 9:20 am *Pilates-Circuit Reformer Cou-Pilates Studio 8:30 am – 9:20 am Balance Lana 8:30 am – 9:20 am Aqua Zumba Atsuko 8:30 am – 9:20 am Tabata Tia 9:30 am – 10:20 am Strength Lana 9:30am-10:20am Water Aerobics- Tia 10:30am-11:20am Zumba Theresia 5:30 pm – 6:20pm Muscle Sculpt Martha 5:30pm-6:20 pm *Pilates Reformer Cou-Pilates Studio	6:00am – 6:50am *Cycle Thomas – Studio iii 7:00 am – 7:50 am Yoga Dawn 8:30 am – 9:20 am Strength & Conditioning Tia 8:30 am – 9:20 am Water Aerobics Christine 9:30 am – 10:20 am Muscle Sculpt Tia 10:30 am - 11:20 am Gentle Stretch Christine  THE CLUB AT KINGSMILL *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!	8:30 am-9:20am Water Aerobics Heather 8:30 am-9:20am Cycle Carlo 9:30 am-10:20am Muscle Sculpt Heather

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15	16	17	18	19
6:00am – 6:50 am *Pilates Reformer Intermediate Shannon– Pilates Studio 6:00am – 6:50 am *Cycle Thomas - Studio iii 7:00am – 7:50 am Yoga Payal 8:30am – 9:20 am Aqua Zumba Atsuko 8:30am-9:20am *Pilates-Circuit Reformer Cou-Pilates Studio 8:30am-9:20am Strength & Conditioning Tia 9:30am – 10:20am Muscle Sculpt Heather 10:30-11:20 Yoga with Weights- Meghan	6:00am – 6:50 am *Cycle Fusion Thomas – Studio iii 7:00am – 7:50 am *Pilates Reformer Patty-Pilates Studio 7:00am – 7:50 am Hatha Yoga Kim 8:30 am – 9:20 am HIIT Tia 8:30am-9:20am *Pilates-Circuit Reformer Cou-Pilates Studio 8:30 am – 9:20 am Water Aerobics Lana 9:30 am – 10:20 am Rhythmic Step Lana 4:30 pm – 5:20 pm *Pilates Reformer Beginner Martha-Pilates Studio 5:30 pm – 6:20 pm *Pilates Reformer Intermediate Martha-Pilates Studio 6:30pm-7:20pm *Pilates Reformer Intermediate Martha-Pilates Studio	6:00am – 6:50 am *Pilates Reformer Intermediate Shannon– Pilates Studio 6:00am – 6:50 am *Cycle Thomas – Studio iii 7:00 am – 7:50 am Gentle Yoga Payal 8:30 am – 9:20 am Water Aerobics Tia 8:30am-9:20am *Pilates-Circuit Reformer Cou-Pilates Studio 8:30am-9:20am Strength & Conditioning Meghan 9:30 am – 10:20am Core Tia 10:30 am – 11:20 am Gentle Stretch Christine	6:00am – 6:50 am *Cycle Fusion Thomas – Studio iii 7:00am – 7:50 am Mat Pilates Martha 8:30 am – 9:20 am *Pilates-Circuit Reformer Cou-Pilates Studio 8:30 am – 9:20 am Balance Lana 8:30 am – 9:20 am Aqua Zumba Atsuko 8:30 am – 9:20 am Tabata Tia 9:30 am – 10:20 am Strength Lana 9:30am-10:20am Water Aerobics- Tia 10:30am-11:20am Zumba Theresa 5:30 pm – 6:20pm Muscle Sculpt Heather 5:30pm-6:20 pm *Pilates Reformer Cou-Pilates Studio	6:00am – 6:50am *Cycle Thomas – Studio iii 7:00 am – 7:50 am Yoga Dawn 8:30 am – 9:20 am Strength & Conditioning Tia 8:30 am – 9:20 am Water Aerobics Heather 9:30 am – 10:20 am Muscle Sculpt Heather 10:30 am - 11:20 am Gentle Stretch Christine  THE CLUB AT KINGSMILL *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!	8:30 am-9:20am Water Aerobics Heather 8:30 am-9:20am Cycle Carlo 9:30 am-10:20am Muscle Sculpt Heather

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21	22	23	24	25	26
6:00am – 6:50 am *Pilates Reformer Intermediate Shannon– Pilates Studio 6:00am – 6:50 am *Cycle Thomas - Studio iii 7:00am – 7:50 am Yoga Payal 8:30am – 9:20 am Aqua Zumba Atsuko 8:30am-9:20am *Pilates-Circuit Reformer Cou-Pilates Studio 8:30am-9:20am Strength & Conditioning Tia 9:30am – 10:20am Muscle Sculpt Heather 10:30-11:20 Yoga with Weights- Meghan	6:00am – 6:50 am *Cycle Fusion Thomas – Studio iii 7:00am – 7:50 am *Pilates Reformer Patty-Pilates Studio 7:00am – 7:50 am Hatha Yoga Kim 8:30 am – 9:20 am HIIT Tia 8:30am-9:20am *Pilates-Circuit Reformer PattyPilates Studio 8:30 am – 9:20 am Water Aerobics Lana 9:30 am – 10:20 am Rhythmic Step Lana 4:30 pm – 5:20 pm *Pilates Reformer Beginner Martha-Pilates Studio 5:30 pm – 6:20 pm *Pilates Reformer Intermediate Martha-Pilates Studio 6:30pm-7:20pm *Pilates Reformer Intermediate Martha-Pilates Studio	6:00am – 6:50 am *Pilates Reformer Intermediate Shannon– Pilates Studio 6:00am – 6:50 am *Cycle Thomas – Studio iii 7:00 am – 7:50 am Gentle Yoga Betty 8:30 am – 9:20 am Water Aerobics Tia 8:30am-9:20am *Pilates-Circuit Reformer Patty-Pilates Studio 8:30am-9:20am Strength & Conditioning Meghan 9:30 am – 10:20am Core Tia 10:30 am – 11:20 am Gentle Stretch Christine	6:00am – 6:50 am *Cycle Fusion Thomas – Studio iii 7:00am – 7:50 am Mat Pilates Martha 8:30 am – 9:20 am *Pilates-Circuit Reformer CANCELLED-Pilates Studio 8:30 am – 9:20 am Balance Lana 8:30 am – 9:20 am Aqua Zumba Atsuko 8:30 am – 9:20 am Tabata Tia 9:30 am – 10:20 am Strength Lana 9:30am-10:20am Water Aerobics- Tia 10:30am-11:20am Zumba Atsuko 5:30 pm – 6:20pm Muscle Sculpt Heather 5:30pm-6:20 pm *Pilates Reformer Patty-Pilates Studio	6:00am – 6:50am *Cycle Thomas – Studio iii 7:00 am – 7:50 am Yoga Dawn 8:30 am – 9:20 am Strength & Conditioning Tia 8:30 am – 9:20 am Water Aerobics Heather 9:30 am – 10:20 am Muscle Sculpt Heather 10:30 am - 11:20 am Gentle Stretch Christine  THE CLUB AT KINGSMILL *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!	8:30 am-9:20am Water Aerobics Heather 8:30 am-9:20am Cycle Carlo 9:30 am-10:20am Muscle Sculpt Heather

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30			
6:00am – 6:50 am *Pilates Reformer Intermediate Shannon– Pilates Studio 6:00am – 6:50 am *Cycle Thomas - Studio iii 7:00am – 7:50 am Yoga Payal 8:30am – 9:20 am Aqua Zumba Atsuko 8:30am-9:20am *Pilates-Circuit Reformer Cou-Pilates Studio 8:30am-9:20am Strength & Conditioning Tia 9:30am – 10:20am Muscle Sculpt Heather 10:30-11:20 Yoga with Weights- Meghan	6:00am – 6:50 am *Cycle Fusion Thomas – Studio iii 7:00am – 7:50 am *Pilates Reformer Patty-Pilates Studio 7:00am – 7:50 am Hatha Yoga Sharon 8:30 am – 9:20 am HIIT Tia 8:30am-9:20am *Pilates-Circuit Reformer Cou-Pilates Studio 8:30 am – 9:20 am Water Aerobics Lana 9:30 am – 10:20 am Rhythmic Step Lana 4:30 pm – 5:20 pm *Pilates Reformer Beginner Martha-Pilates Studio 5:30 pm – 6:20 pm *Pilates Reformer Intermediate Martha-Pilates Studio 6:30pm-7:20pm *Pilates Reformer Intermediate Martha-Pilates Studio	6:00am – 6:50 am *Pilates Reformer Intermediate Shannon– Pilates Studio 6:00am – 6:50 am *Cycle Thomas – Studio iii 7:00 am – 7:50 am Gentle Yoga Payal 8:30 am – 9:20 am Water Aerobics Tia 8:30am-9:20am *Pilates-Circuit Reformer Cou-Pilates Studio 8:30am-9:20am Strength & Conditioning Meghan 9:30 am – 10:20am Core Tia 10:30 am – 11:20 am Gentle Stretch Christine		*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!	