Kingsmill Sports Club Group Fitness Schedule

MONDAY

6:00 AM–6:50 AM
Pilates Reformer Intermediate*

6:00 AM–6:50 AM
Cycle*

7:00 AM–7:50 AM
Yoga

8:30 AM–9:20 AM
Aqua Zumba

8:30 AM–9:20 AM
Pilates-Circuit Reformer

8:30 AM–9:20 AM
Strength & Conditioning ++

9:30 AM–10:20 AM
Muscle Sculpt

10:30 AM–11:20 AM
Yoga with Weights

TUESDAY

6:00 AM–6:50 AM
Cycle Fusion*

7:00 AM–7:50 AM
Pilates Reformer*

7:00 AM–7:50 AM
Hatha Yoga

8:30 AM–9:20 AM
HIIT ++

8:30 AM–9:20 AM
Pilates-Circuit Reformer*

8:30 AM–9:20 AM
Water Aerobics

9:30 AM–10:20 AM
Rhythmic Step

4:30 PM–5:20 PM
Pilates Reformer Beginner*

5:30 PM–6:20 PM
Pilates Reformer Intermediate*

6:30 PM–7:20 PM
Pilates Reformer Intermediate*

WEDNESDAY

6:00 AM–6:50 AM
Pilates Reformer Intermediate*

6:00 AM–6:50 AM
Cycle*

7:00 AM–7:50 AM
Gentle Yoga

8:30 AM–9:20 AM
Water Aerobics

8:30 AM–9:20 AM
Pilates-Circuit Reformer*

8:30 AM–9:20 AM
Strength & Conditioning ++

9:30 AM–10:20 AM
Core

10:30 AM–11:20 AM
Gentle Stretch

THURSDAY

6:00 AM–6:50 AM
Cycle Fusion*

7:00 AM–7:50 AM
Mat Pilates

8:30 AM–9:20 AM
Pilates-Circuit Reformer*

8:30 AM–9:20 AM
Balance

8:30 AM–9:20 AM
Aqua Zumba

8:30 AM–9:20 AM
Tabata ++

9:30 AM–10:20 AM
Strength

9:30 AM–10:20 AM
Water Aerobics

9:30 AM–10:20 AM
Pilates Reformer*

10:30 AM- 11:20 AM
Zumba

5:30 PM–6:20 PM
Mat Pilates

FRIDAY

6:00 AM–6:50 AM
Cycle*

7:00 AM–7:50 AM
Yoga

8:30 AM–9:20 AM
Strength & Conditioning ++

8:30 AM–9:20 AM
Water Aerobics

9:30 AM–10:20 AM
Muscle Sculpt

10:30 AM–11:20 AM
Gentle Stretch

SATURDAY

8:30 AM–9:20 AM
Water Aerobics

8:30 AM–9:20 AM
Cycle

9:30 AM–10:20 AM
Muscle Sculpt

KINGSMILL RESORT

Pilates Reformer
Requires preregistration and 12-hour advance cancellation or s $30 fee will be applied. Register on Members App.

KINGSMILL STRIDERS
Walking group meets Tuesday at 8 AM –Fitness Center Lobby

*** Members-only class**
++ Advanced Level Class

Private Classes/Personal Training
Contact: Meghan.argo@Kingsmill.com

Instructors are subject to change