



# Group Fitness Schedule

(757) 220-7720

307 S. Eneland Street, Williamsburg, Virginia 23185



## May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 6:45-7:45 Sculpt Sharon 7:30-8:10 Aqua Cardio Meg 9-9:50 Spin Marieke 9-9:50 Aqua Fusion Jill 10-11 Strength/Condition Brandy 12-12:50 Yoga Lia 3:30-4:30 Tai Chi Stan 5:30-6:20 Pilates w/Equipment Lane	<b>2</b> 6:45-7:35 Cardio Fusion Meg 8:00-8:50 Yoga/Pilates Fusion Gail 9-9:50 Cardio Fusion Meg 9-9:50 Aqua Cardio Gail 10-10:50 Spin Thomas 12-1 Yoga Shomer 4-5 Restorative Yoga Katelyn 5:30-6:20 Pilates Lane	<b>3</b> 6:45-7:45 Circuit Training Sharon 8-8:50 Spin Thomas 8:30-9:15 Aqua Cardio Meg 9-9:50 Yoga Katelyn 10-10:50 Strength Brandy 11-11:50 Active Yoga Brandy 4:30-5:30 Power Yoga Katelyn	<b>4</b> 6:45-7:35 Core & Stretch Meg 8-8:50 Get Strong Gail 9-9:50 Aqua Cardio Gail 10-10:50 Pilates Fusion Gail 12-1 Yoga Shomer	<b>5</b> 7:15-8:15 Sunrise Yoga Shomer 8:15-9 Pilates Lane 3-3:50 Spin Marieke 4-5 Restorative Yoga Katelyn
<b>6</b> 7-8 Sunrise Meditation Shomer 8-8:50 Yoga Shomer 8:30-9:15 Aqua Cardio Meg 9-10 Boot Camp Nick	<b>7</b> 6:45-7:45 Step & Strength Meg 8-8:50 Get Strong Gail 9-9:50 Aqua Cardio Gail 10-10:50 Aqua Stretch/Strength Gail 10:15-10:55 Sculpt & Stretch Meg 11-11:50 Toning Jill 6-6:50 Yoga Shomer	<b>8</b> 6:45-7:45 Sculpt Sharon 7:30-8:10 Aqua Cardio Meg 9-9:50 Spin Marieke 9-9:50 Aqua Fusion Jill 10-11 Strength/Condition Brandy 12-12:50 Yoga Lia 3:30-4:30 Tai Chi Stan 5:30-6:20 Pilates w/Equipment Lane	<b>9</b> 6:45-7:35 Cardio Fusion Meg 8:00-8:50 Yoga/Pilates Fusion Gail 9-9:50 Cardio Fusion Meg 9-9:50 Aqua Cardio Gail 10-10:50 Spin Thomas 12-1 Yoga Shomer 4-5 Restorative Yoga Katelyn 5:30-6:20 Pilates Lane	<b>10</b> 6:45-7:45 Circuit Training Sharon 8-8:50 Spin Thomas 9-9:50 Yoga Katelyn 10-10:50 Strength Brandy 11-11:50 Active Yoga Brandy 4:30-5:30 Power Yoga Katelyn	<b>11</b> 6:45-7:35 Core & Stretch Sharon 8-8:50 Get Strong Gail 9-9:50 Aqua Cardio Gail 10-10:50 Pilates Fusion Gail 12-1 Yoga Brandy	<b>12</b> 8:15-9 Pilates Lane 9:15-10:15 Boot Camp Nick 3-3:50 Spin Marieke 4-5 Restorative Yoga Katelyn
<b>13</b> 7-8 Sunrise Meditation Shomer 8-8:50 Pilates Lane 9-10 Boot Camp Nick	<b>14</b> 6:45-7:45 Step & Strength Meg 8-8:50 Get Strong Gail 9-9:50 Aqua Cardio Gail 10-10:50 Aqua Stretch/Strength Gail 10:15-10:55 Sculpt & Stretch Meg 11-11:50 Toning Jill 6-6:50 Yoga Shomer	<b>15</b> 6:45-7:45 Sculpt Sharon 7:30-8:10 Aqua Cardio Meg 9-9:50 Spin Marieke 9-9:50 Aqua Fusion Jill 10-11 Strength/Condition Brandy 12-12:50 Yoga Lia 3:30-4:30 Tai Chi Stan 5:30-6:20 Pilates w/Equipment Lane	<b>16</b> 6:45-7:35 Cardio Fusion Meg 8:00-8:50 Yoga/Pilates Fusion Gail 9-9:50 Cardio Fusion Meg 9-9:50 Aqua Cardio Gail 10-10:50 Spin Thomas 12-1 Yoga Shomer 4-5 Restorative Yoga Katelyn 5:30-6:20 Pilates Lane	<b>17</b> 6:45-7:45 Circuit Training Meg 8-8:50 Spin Thomas 8:30-9:15 Aqua Cardio Meg 9-9:50 Yoga Katelyn 10-10:50 Strength Brandy 11-11:50 Active Yoga Brandy 4:30-5:30 Power Yoga Katelyn	<b>18</b> 6:45-7:35 Core & Stretch Meg 8-8:50 Get Strong Gail 9-9:50 Aqua Cardio Gail 10-10:50 Pilates Fusion Gail 12-1 Yoga Shomer	<b>19</b> 7:15-8:15 Sunrise Yoga Shomer 8:15-9 Pilates Lane 9:15-10:15 Boot Camp Nick 3-3:50 Spin Marieke 4-5 Restorative Yoga Katelyn
<b>20</b> 7-8 Sunrise Meditation Shomer 8-8:50 Yoga Shomer 8:30-9:15 Aqua Cardio Meg 9-10 Boot Camp Nick	<b>21</b> 6:45-7:45 Step & Strength Sharon 8-8:50 Get Strong Gail 9-9:50 Aqua Cardio Gail 10:15-10:55 Sculpt & Stretch Brandy 10-10:50 Aqua Stretch/Strength Gail 11-11:50 Toning Jill 6-6:50 Yoga Shomer	<b>22</b> 6:45-7:45 Sculpt Sharon 9-9:50 Spin Marieke 9-9:50 Aqua Fusion Jill 10-11 Strength/Condition Brandy 12-12:50 Yoga Lia 3:30-4:30 Tai Chi Stan 5:30-6:20 Pilates w/Equipment Lane	<b>23</b> 6:45-7:35 Cardio Fusion Sharon 8:00-8:50 Yoga/Pilates Fusion Gail 9-9:50 Aqua Cardio Gail 10-10:50 Spin Thomas 12-1 Yoga Shomer 4-5 Restorative Yoga Katelyn 5:30-6:20 Pilates Lane	<b>24</b> 6:45-7:45 Circuit Training Sharon 8-8:50 Spin Thomas 8:30-9:15 Aqua Cardio Meg <b>9-9:50 Power Walk CW Jill</b> 10-10:50 Strength Jill 4:30-5:30 Power Yoga Katelyn	<b>25</b> 6:45-7:35 Core & Stretch Meg 8-8:50 Get Strong Gail 9-9:50 Aqua Cardio Gail 10-10:50 Pilates Fusion Gail 12-1 Yoga Shomer	<b>26</b> 7:15-8:15 Sunrise Yoga Shomer 8:15-9 Pilates Lane 9:15-10:15 Boot Camp Nick 4-5 Restorative Yoga Katelyn
<b>27</b> 7-8 Sunrise Meditation Shomer 8-8:50 Pilates Lane 8:30-9:15 Aqua Cardio Meg 9-10 Boot Camp Nick	<b>28</b> 6:45-7:45 Step & Strength Sharon 8-8:50 Active Yoga Katelyn 11-11:50 Toning Jill 6-6:50 Yoga Shomer	<b>29</b> 6:45-7:45 Sculpt Sharon 7:30-8:10 Aqua Cardio Meg 9-9:50 Spin Marieke 9-9:50 Aqua Fusion Jill 10-11 Strength/Condition Brandy 12-12:50 Yoga Lia 3:30-4:30 Tai Chi Stan 5:30-6:20 Pilates w/Equipment Lane	<b>30</b> 6:45-7:35 Cardio Fusion Meg 8:00-8:50 Yoga/Pilates Fusion Gail 9-9:50 Cardio Fusion Meg 9-9:50 Aqua Cardio Gail 12-1 Yoga Shomer 4-5 Restorative Yoga Katelyn 5:30-6:20 Pilates Lane	<b>31</b> 6:45-7:45 Circuit Training Sharon 8-8:50 Spin Marieke 8:30-9:15 Aqua Cardio Meg 9-9:50 Yoga Katelyn 10-10:50 Strength Brandy 11-11:50 Active Yoga Brandy <b>12-12:50 GOLF FITNESS John</b> 4:30-5:30 Power Yoga Katelyn		

**Aqua Cardio**—Submerge yourself as you experience this high-energy aquatic routine that challenges the cardiovascular and muscular systems through a combination of aerobic and muscular toning exercises.

**Cardio Fusion**—Combination of cardio and strength training exercises utilizing a variety of equipment.

**Get Strong**—This versatile class uses weights, kettlebells, balls and bands to build muscle and overall strength.

**Meditation**—Everybody often meditates on something. By meditating we create a tool for learning more about ourselves and others. Meditation is designed to promote relaxation, build internal energy or life force and develop compassion, love, patience, generosity and forgiveness.

**Pilates**—A relaxing, yet invigorating mat workout that strengthens and stretches every muscle in the core (other muscles too)! 45-minute class.

**Pilates w/Equipment**—Providing the foundations of Pilates principals with the use of weights, fitness balls, and Pilates circles to emphasize overall conditioning and focusing on core strength. 45-minute class.

**Sculpt**—Sculpt is pure strength training that will reshape your body and functionally improve your quality of life.

**Strength and Conditioning**—Strength and Conditioning is an exercise program involving strengthening exercises-exercises that have been shown to increase the strength of your muscles, maintain the integrity of your bones, and improve your balance, coordination, and mobility.

**Sunrise Meditation**—A soothing transition from early morning drowsiness to calm, clear wakefulness with a guided journey that will help you find and awaken your body and greet the new day. For all levels and all ages.

**Sunrise Yoga**—Transition from early morning drowsiness to a calm, clear wakefulness with a series of yoga movements that will help you stretch into your full presence and greet the new day. For all levels and all ages.

**Sculpt & Stretch**— Class will include a variety of resistance tools and Pilates to tone the body. Stretches will be incorporated to increase flexibility and range of motion.

**Yoga Power-** get your heart rate up while building strength and flexibility in this Vinyasa style flow class.

**Yoga/Pilates Fusion**—What could be better? A blend of yoga and Pilates into one seamless class!

**Interval Training**—This class uses alternating periods of aerobic activity with sculpting.

**Boot Camp**—This boot camp is appropriate for participants of varying degrees of ability. All exercises can be modified. Participants can expect a mixture of cardio and strength training exercises in an up-tempo atmosphere.

**Active Yoga-** focuses on building mind-body awareness, allowing individuals to recognize where imbalances are in the body. Creating a mindful focus on proper body alignment helps improve flexibility, strength, endurance, and balance. Cultivating mind-body awareness is beneficial for activities such as golf and running, as well as other activities of daily life.

**Aqua Stretch & Strength**— Strengthen and improve mobility and flexibility in the pool. No impact, gentle exercise and stretches will help improve posture and range of motion.

**Integral Hatha Fusion Yoga-** integral Hatha with intertwine of other lineage like hot yoga, and some flow, and focus on balance for a challenge, medium intensity.

**Tai Chi-** Meditation in Motion; a graceful form of exercise, stretching and deep breathing, making perfect for stress reduction.

**Toning-**This class will help you increase strength of all major muscle groups. Barbells, dumbbells, and bands are used to help you define the muscles in your upper and lower body.

**Spin-** An aerobic exercise class that is appropriate for all fitness levels as intensity can be controlled by the individual participant. Clip-in cycling shoes are optional; but bring your water bottle!

## MAY SPECIALS

---

## SPA INFORMATION

---

### Spa Hours

Monday – Saturday 9am to 8pm

Sunday 9am to 6pm

### Indoor Pool & Fitness Hours

Monday to Friday 5am to 9pm

Saturday and Sunday 6am to 9pm