Group Fitness Schedule

(757) 220-7720

307 S. England Street, Williamsburg, Virginia 23185

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 6:45-7:35 Cardio Fusion Meg 8-8:50 Yoga/Pilates Fusion Gail 9:00-9:50 Cardio Fusion Meg 9-950 Aqua Cardio Gail 12-1 Yoga Shomer 4-5 Restorative Yoga Katelyn 530-:6:20 Pilates Lane	**2** 645-745 Circuit Training Sharon 830-915 Aqua Cardio Meg 10-10:50 Strength Brandy 11-11:50 Yoga for Mobility Brandy 5:30-6:30 Core Nick	**3** 645-735 Core & Stretch Meg 8-850 Get Strong Gail 9-9:50 Aqua Cardio Gail 10-10:50 Pilates Fusion Gail 12-1 Yoga Kathy	**4** 715-815 Sunrise Yoga Kathy 815-9 Pilates Lane 915-1015 Boot Camp Nick 10:15-11:15 Cardio Training Nick 3-3:50 Spin Marieke 4-5 Restorative Yoga Katelyn
5 8-8:50 Yoga Katelyn 830-915 Aqua Cardio Meg 9-10 Boot Camp Nick 4-4:50 Core Nick	**6** 645-745 Step & Strength Meg 8-850 Get Strong Gail 9-9:50 Power Yoga Katelyn 9-950 Aqua Cardio Gail 10-10:50 Aqua Stretch/Strength Gail 5-5:50 HIIT Training Nick 6-6:50 Yoga Kathy	**7** 6:45-7:45 Sculpt Sharon 730-810 Aqua Cardio Meg 9-9:50 Aqua Fusion Jill 10-11 Strength/Condition Brandy 12-12:50 Yoga Julia 3:30-4:30 Tai Chi Stan 530-6:20 Pilates w/Equipment Lane	**8** 645-735 Cardio Fusion Meg 8:00-850 Yoga/Pilates Fusion Gail 9-950 Cardio Fusion Meg 9-950 Aqua Cardio Gail 12-1 Yoga Julia 4-5 Restorative Yoga Katelyn 530-:6:20 Pilates Lane	**9** 645-745 Circuit Training Sharon 830-915 Aqua Cardio Meg 10-10:50 Strength Brandy 11-11:50 Yoga for Mobility Brandy 5:30-6:30 Core Nick	**10** 645-735 Core & Stretch Meg 8-850 Get Strong Gail 9-9:50 Aqua Cardio Gail 10-10:50 Pilates Fusion Gail 12-1 Yoga Julia	**11** 715-815 Sunrise Yoga Kathy 815-9 Pilates Lane 915-1015 Boot Camp Nick 10:15-11:15 Cardio Training Nick 3-3:50 Spin Marieke 4-5 Restorative Yoga Katelyn
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19 7-8 Sunrise Meditation Shomer 8-8:50 Yoga Shomer 830-915 Aqua Cardio Meg 9-10 Boot Camp Nick 4-4:50 Core Nick	**20** 645-745 Step & Strength Meg 8-850 Get Strong Gail 9-9:50 Power Yoga Katelyn 9-950 Aqua Cardio Gail 10-10:50 Aqua Stretch/Strength Gail 5-5:50 HIIT Training Nick 6-6:50 Yoga Shomer	**21** 6:45-7:45 Sculpt Sharon 730-810 Aqua Cardio Meg 9-9:50 Spin Marieke 9-9:50 Aqua Fusion Jill 10-11 Strength/Condition Brandy 12-12:50 Yoga Julia 3:30-4:30 Tai Chi Stan 530-6:20 Pilates w/Equipment Lane	**22** 645-735 Cardio Fusion Meg 8:00-850 Yoga/Pilates Fusion Gail 9-950 Cardio Fusion Meg 9-950 Aqua Cardio Gail 10-10:50 Spin Thomas 12-1 Yoga Shomer 4-5 Restorative Yoga Katelyn 530-6:20 Pilates Lane	**23** 645-745 Circuit Training Sharon 830-915 Aqua Cardio Meg 10-10:50 Strength Brandy 11-11:50 Yoga for Mobility Brandy	**24** 645-735 Core & Stretch Meg 8-850 Get Strong Sharon 9-9:50 Aqua Cardio Kathy 10-10:50 Pilates Fusion Brandy 12-1 Yoga Shomer	**25** 715-815 Sunrise Yoga Shomer 815-9 Pilates Lane 915-1015 Boot Camp Nick 3-3:50 Spin Marieke 4-5 Restorative Yoga Katelyn
26 7-8 Sunrise Meditation Shomer 8-8:50 Pilates Lane 830-915 Aqua Cardio Meg 9-10 Boot Camp Nick	**27** 645-745 Step & Strength Meg 8-850 Get Strong Gail 9-9:50 Power Yoga Katelyn 9-950 Aqua Cardio Gail 10-10:50 Aqua Stretch/Strength Gail 6-6:50 Yoga Shomer	**28** 6:45-7:45 Sculpt Sharon 730-810 Aqua Cardio Meg 9-9:50 Spin Marieke 9-9:50 Aqua Fusion Jill 10-11 Strength/Condition Brandy 12-12:50 Yoga Julia 3:30-4:30 Tai Chi Stan 530-6:20 Pilates w/Equipment Lane	**29** 645-735 Cardio Fusion Meg 8:00-850 Yoga/Pilates Fusion Gail 9-950 Cardio Fusion Meg 9-950 Aqua Cardio Gail 10-10:50 Spin Thomas 12-1 Yoga Shomer 4-5 Restorative Yoga Katelyn 530-6:20 Pilates Lane	**30** 645-745 Circuit Training Sharon 830-915 Aqua Cardio Meg 10-10:50 Strength Brandy 11-11:50 Yoga for Mobility Brandy	**31** 645-735 Core & Stretch Meg 8-850 Get Strong Gail 9-9:50 Aqua Cardio Gail 10-10:50 Pilates Fusion Gail 12-1 Yoga Shomer	

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.

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!

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.

Yoga For Mobility- 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.

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!

AUGUST 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

Outdoor Pool Hours
Family Pool 8am to 9pm
Quiet Pool 8am to Dusk