



Group Fitness Schedule

(757) 220-7720

307 S. England Street, Williamsburg, Virginia 23185



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|--|--|
| 1 7-8 Sunrise Meditation Shomer 8-8:50 Pilates Lane 830-915 Aqua Cardio Meg 9-10 Boot Camp Nick 4-4:50 Core Nick | 2 645-745 Step & Strength Meg 8-850 Get Strong Katelyn 9-950 Aqua Cardio Meg | 3 6:45-7:45 Sculpt Meg 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 Lia 3:30-4:30 Tai Chi Stan 530-6:20 Pilates w/Equipment Lane | 4 8-8:50 Yoga/Pilates Fusion Gail 9-950 Aqua Cardio Gail 10-10:50 Spin Thomas 12-1 Yoga Shomer 4-5 Restorative Yoga Katelyn 530-6:20 Pilates Lane | 5 645-745 Circuit Training Sharon 830-915 Aqua Cardio Meg 10-10:50 Strength Brandy 11-11:50 Yoga for Mobility Brandy 430-520 Power Yoga Katelyn | 6 645-735 Core & Stretch Meg 8-850 Get Strong Gail 9-9:50 Aqua Cardio Gail 10-10:50 Pilates Fusion Gail 12-1 Yoga Shomer | 7 715-815 Sunrise Yoga Shomer 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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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!

JULY 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