



Group Fitness Schedule

(757) 220-7720

307 S. Enoland Street, Williamsburg, Virginia 23185

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 645-745 Body Sculpt Denise 8-8:50 Spin Thomas 9-9:50 Yoga Julia 8:30-9:15 Aqua Cardio Kathy 10-10:50 Strength Brandy 11-11:50 Yoga for Mobility Brandy 5:30-6:30 Holiday Season Social Dance class** 7:30-8:30 Beginner East Coast Swing	2 645-735 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 5-6 Restorative Yoga Katelyn	3 715-815 Sunrise Yoga Shomer 815-9 Pilates Lane 9:15-10:00 Water Zumba Deborah 915-1015 Strength Training Nick 3-3:50 Spin Marieke
4 7-8 Sunrise Meditation Shomer 8-8:50 Yoga Shomer 830-915 Aqua Cardio Meg 9-10 Boot Camp Nick	5 6:45-7:45 Cardio Fusion Sharon 8-8:50 Get Strong Gail 9-9:50 Yoga Flow Katelyn 9-9:50 Aqua Cardio Gail 10-10:50 Aqua Stretch/Strength Gail 6-6:50 Yoga Shomer	6 6:45-7:45 Circuit Training Sharon 9-9:50 Yoga Julia 9-9:50 Aqua Fusion Jill 10-10:50 Strength/Condition Brandy 12-12:50 Gentle Yoga Julia 3:30-4:30 Tai Chi Stan 530-6:20 Pilates w/Equipment Lane	7 6:45-7:45 Sunrise Yoga Shomer 8:00-850 Yoga/Pilates Fusion Gail 9-9:50 Aqua Cardio Gail 9-9:50 Spin Thomas 12-1 Yoga Shomer 530-6:20 Pilates Lane	8 645-745 Body Sculpt Denise 8-8:50 Spin Thomas 9-9:50 Yoga Julia 8:30-9:15 Aqua Cardio Kathy 10-10:50 Strength Brandy 11-11:50 Yoga for Mobility Brandy 5:30-6:30 Holiday Season Social Dance Class** 7:30-8:30 Beginner East Coast Swing	9 645-735 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 5-6 Restorative Yoga Katelyn	10 715-815 Sunrise Yoga Kathy 815-9 Pilates Lane 9:15-10:00 Water Zumba Deborah
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				7:30-8:30 Beginner East Coast Swing		
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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.

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

Strength Training—this class 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!

BEGINNER EAST COAST SWING--From Big Band to Elvis to Brian Setzer, this class will give you the ability to swing to them all. Simple and lively, you'll learn the basic and plenty of turns so you'll feel confident getting out on the dance floor. You will also learn stylistic elements of swing and how connection and communication between partners work. **\$120 per couple. / 6 weeks. Sign up at the spa.**

Holiday Season Social Dance Class-The holidays are coming right up with all of the social engagements, office parties, etc. Celebrate them in style this year by learning basic survival skills for small social dance floors. You will learn basic steps and styles of 4 common dances and what music goes with them so you can be prepared when you go to these events, instead of missing out on the fun and being a

wallflower. We will use some holiday music so you gain experience recognizing these tunes and which dance they go with. You'll be ready to ring in the New Year dancing with your significant other!

\$120.00 per couple/ 6 weeks. Sign up at the spa.

Water Zumba- Get your Latin Dance party on right here in the water!

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

Closed for the Season