



Group Fitness Schedule

(757) 220-7720

307 S. Enoland Street, Williamsburg, Virginia 23185

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 645-735 Core & Stretch Meg 12-1 Yoga Shomer	1 715-815 Sunrise Yoga Shomer 815-9 Pilates Lane 9:15-10:00 Water Zumba Deborah
2 7-8 Sunrise Meditation Shomer 8-8:50 Yoga Shomer 830-915 Aqua Cardio Meg 9-10 Boot Camp Nick	3 6:45-7:45 Cardio Fusion Sharon 8-850 Get Strong Gail 9-950 Aqua Cardio Gail 10:15-11:00 Kettle & Core Gail 6-6:50 Yoga Shomer	4 6:45-7:45 Power Walk Sharon 9-9:50 Yoga Julia 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	5 6:45-7:45 Sunrise Yoga Shomer 8:00-850 Yoga/Pilates Fusion Gail 9-950 Aqua Cardio Gail 9-9:50 Spin Thomas 10-10:50 Aqua Fit Jill 12-1 Yoga Julia 530-6:20 Pilates Lane	6 645-745 Body Sculpt Denise 8-8:50 Spin Thomas 8:30-9:15 Aqua Cardio Kathy 9-9:50 Yoga Julia 10-10:50 Strength Brandy 11-11:50 Yoga for Mobility Brandy 5:30-6:30 Holiday Season Social Dance 7:30-8:30 Beginner Ballroom Dance**	7 645-735 Core & Stretch Meg 12-1 Yoga Shomer	8 715-815 Sunrise Yoga Asha 815-9 Pilates Lane 9:15-10:00 Water Zumba Deborah
9 7-8 Sunrise Meditation Asha 8-8:50 Pilates Lane 830-915 Aqua Cardio Meg 9-10 Strength Training Nick	10 6:45-7:45 Cardio Fusion Sharon 9-950 Aqua Cardio Jill 6-6:50 Yoga Shomer	11 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	12 6:45-7:45 Sunrise Yoga Shomer 9-950 Aqua Cardio Jill 9-9:50 Spin Thomas 12-1 Yoga Shomer 530-6:20 Pilates Lane	13 645-745 Body Sculpt Sharon 8-8:50 Spin Thomas 8:30-9:15 Aqua Cardio Kathy 9-9:50 Yoga Julia 10-10:50 Strength Brandy 11-11:50 Yoga for Mobility Brandy 1:00-2:00 PRIVATE CLASS Jill 6:30-7:30 Private dance classes	14 645-735 Core & Stretch Meg 9-9:50 Aqua Cardio Jill 12-1 Yoga Shomer	15 715-815 Sunrise Yoga Shomer 815-9 Pilates Lane 9:15-10:00 Water Zumba Deborah 3-3:50 Spin
16 7-8 Sunrise Meditation Asha 8-8:50 Yoga Asha 830-915 Aqua Cardio Meg 9-10 Boot Camp Nick	17 6:45-7:45 Cardio Fusion Sharon 8-850 Get Strong Gail 9-950 Aqua Cardio Gail 10:15-11:00 Kettle & Core Gail 6-6:50 Yoga Shomer	18 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 Lane	19 6:45-7:45 Sunrise Yoga Shomer 8:00-850 Yoga/Pilates Fusion Gail 9-950 Aqua Cardio Gail 10-10:50 Aqua Fit Jill 12-1 Yoga Shomer 6-8:00 Peace & Joyful Yoga Workshop Julia	20 645-745 Body Sculpt Denise 8:30-9:15 Aqua Cardio Kathy 9-9:50 Yoga Julia 10-10:50 Strength Brandy 11-11:50 Yoga for Mobility Brandy 5:30-6:30 Private dance classes	21 645-735 Core & Stretch Meg 8-850 Get Strong Gail 9-9:50 Aqua Cardio Gail 10-10:50 Pilates Fusion Gail 12-1 Yoga Shomer	22 715-815 Sunrise Yoga Shomer 815-9 Pilates Lane 9:15-10:00 Water Zumba Deborah 915-1015 Strength Training Nick 3-3:50 Spin
23/30 7-8 Sunrise Meditation Shomer 8-8:50 Pilates(23) Lane 8-8:50 Yoga(30) Shomer 830-915 Aqua Cardio Meg 9-10 Strength Training(30) Nick	24/31 6:45-7:45 Cardio Fusion Sharon 8-850 Get Strong Gail 9-950 Aqua Cardio Gail 10:15-11:00 Kettle & Core Gail 6-6:50 Yoga Shomer	25 10-10:50 Strength/Condition Deborah 12-12:50 Gentle Yoga Julia 530-6:20 Pilates w/Equipment Lane	26 6:45-7:45 Sunrise Yoga Shomer 8:00-850 Yoga/Pilates Fusion Gail 9-950 Aqua Cardio Gail 10-10:50 Aqua Fit Jill 12-1 Yoga Shomer 530-6:20 Pilates Lane	27 645-745 Body Sculpt Denise 8:30-9:15 Aqua Cardio Kathy 9-9:50 Yoga Julia 10-10:50 Strength Brandy 11-11:50 Yoga for Mobility Brandy 5:30-6:30 Private Dance classes	28 645-735 Core & Stretch Meg 8-850 Get Strong Gail 9-9:50 Aqua Cardio Gail 10-10:50 Pilates Fusion Gail 12-1 Yoga Shomer	29 715-815 Sunrise Yoga Shomer 815-9 Pilates Lane 915-1015 Strength Training Nick 3-3:50 Spin

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.

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.

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

Kettle & Core- Learn the basic skills to effectively and safely use a KB to strengthen your body from head to toe. Dynamic, explosive, safe low impact movements. Build strength, endurance and improve your posture.

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!

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

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.

PEACE & JOYFUL YOGA WORKSHOP:

A moving meditation and physical practice for all levels. Never meditated, but curious? Tried meditating and get shifty and frustrated? Never taken a yoga class, but have heard of its benefits? You are invited to treat yourself and to de-stress the holidays in this two-hour yoga workshop.

This class will teach the basics of a moving meditation which will lead into a brief meditation in stillness. Following the meditation, we will continue with an all-levels of experience moderate physical practice. Modifications for everyone will be explained and assisted. The workshop will end with a restorative and blissful rest; and, then a rejuvenating guided breathing practice will send you back into the holiday season. In two short hours you will reap the benefits of physical strength and alignment, energetic balance, and heightened mental acuity. **Complimentary.**

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

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