



Group Fitness Schedule

(757) 220-7720

307 S. Enoland Street, Williamsburg, Virginia 23185

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 645-735 Core & Stretch Meg 8-850 Get Strong Bambi 9-9:50 Aqua Cardio Kathy 9-9:50 Spin Bambi 10-10:50 Pilates Fusion Bambi 12-1 Yoga Shomer 4-5 Restorative Yoga Asha	2 715-815 Sunrise Yoga Shomer 815-9 Pilates Lane 9:15-10:00 Water Zumba Deborah 915-1015 Strength Training Nick 3-4 Spin Bambi 4:15-5:15 Slow Flow Yoga Asha
3 7-8 Sunrise Meditation Shomer 8-8:50 Yoga Shomer 830-915 Aqua Cardio Meg 9-10 Boot Camp Nick	4 6:45-7:45 Cardio Fusion Sharon 8-850 Get Strong Bambi 9-9:50 Aqua Cardio Kathy 9-9:50 Spin Bambi 10-10:50 Kettle and Core Bambi 6-6:50 Yoga Shomer	5 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	6 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	7 645-745 Body Sculpt Sharon 8-8:50 Spin Thomas 9-9:50 Yoga Julia 8:30-9:15 Aqua Cardio Kathy 10-10:50 Strength Brandy 6:30-7:30 East Coast Swing Juli	8 645-735 Core & Stretch Meg 8-850 Get Strong Gail 9-9:50 Aqua Cardio Gail 9-9:50 Spin Bambi 10-10:50 Pilates Fusion Gail 12-1 Yoga Shomer 4-5 Restorative Yoga Asha	9 715-815 Sunrise Yoga Shomer 815-9 Pilates Lane 9:15-10:00 Water Zumba Deborah 915-1015 Strength Training Nick 3-4 Spin Bambi 4:15-5:15 Slow Flow Yoga Asha
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17 7-8 Sunrise Meditation Shomer 8-8:50 Yoga Shomer 830-915 Aqua Cardio Meg 9-10 Boot Camp Nick	18 6:45-7:45 Cardio Fusion Sharon 8-850 Get Strong Gail 9-9:50 Aqua Cardio Gail 9-9:50 Spin Bambi 10-10:50 Kettle and Core Gail 6-6:50 Yoga Shomer	19 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	20 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 11-11:50 GOLF FIT John 12-1 Yoga Shomer 530-6:20 Pilates Lane	21 645-745 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 6:30-7:30 East Coast Swing Juli	22 645-735 Core & Stretch Sharon 8-850 Get Strong Gail 9-9:50 Aqua Cardio Gail 9-9:50 Spin Bambi 10-10:50 Pilates Fusion Gail 12-1 Yoga Shomer 4-5 Restorative Yoga Asha	23 715-815 Sunrise Yoga Shomer 815-9 Pilates Lane 9:15-10:00 Water Zumba Deborah 915-1015 Strength Training Bambi 10:30-11:30 Spin Bambi 3-4 Spin Bambi 4:15-5:15 Slow Flow Yoga Asha
24 7-8 Sunrise Meditation Shomer 8-8:50 Pilates Lane 830-915 Aqua Cardio Meg 9-10 Boot Camp Nick	25 6:45-7:45 Cardio Fusion Sharon 8-850 Get Strong Gail 9-9:50 Aqua Cardio Gail 9-9:50 Spin Bambi 10-10:50 Kettle and Core Gail 6-6:50 Yoga Shomer	26 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	27 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	28 645-745 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 5:30-6:30 Dance Groupies of Good shot Judy		

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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!

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.**

Beyond Beginner East Coast Swing--This class is for students who took Beginner East Coast Swing already. It is

also open to dancers with a solid foundation in Basic Bronze steps in East Coast Swing who need some review, added technique and brushing up on their dancing. Leading and following skills will also be a component. Let's get back into the swing of things! **\$120 per couple/ 6 weeks. Sign up at the Spa**

Dance Groupies of Good Shot Judy-Good Shot Judy is one of the best dance bands around, and they love it when we get up and dance. This class will teach you how to do the 4 most common types of dances they play adapted for the typical small social dance floor: Fox Trot, Swing, Cha Cha and Mambo. Class is early so you can head to their gig right after class at Sweet Tea and Barley! **\$120.00 per couple/ 6 weeks. Sign up at the spa.**

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 9am to 7pm
Quiet Pool 9am to Dusk