



# Group Fitness Schedule

(757) 220-7720

307 S. Enoland Street, Williamsburg, Virginia 23185

## March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> 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	<b>2</b> 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
<b>3</b> 7-8 Sunrise Meditation Shomer 8-8:50 Yoga Shomer 830-915 Aqua Cardio Meg 9-10 Boot Camp Nick	<b>4</b> 6:45-7:45 Cardio Fusion Sharon 8-850 Get Strong Gail 9-950 Aqua Cardio Gail 9-9:50 Spin Bambi 10-10:50 Kettle and Core Gail <b>5:15-6:15 Aqua Cardio Deborah</b> 6-6:50 Yoga Shomer	<b>5</b> 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	<b>6</b> 6:45-7:45 Sunrise Yoga Shomer 8:00-850 Yoga/Pilates Fusion Gail 9-950 Aqua Cardio Gail 9-9:50 Spin Thomas 12-1 Yoga Shomer 530-6:20 Pilates Lane	<b>7</b> 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 <b>5:30-6:30 Dance Groupies of GSJ Juli</b> <b>6:30-7:30 Beginner East Coast Swing</b> <b>7:30-8:30 Beyond Beg. East Coast Swing.</b> Juli	<b>8</b> 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 <b>4-6 Relax and Renew workshop</b> Julia	<b>9</b> 715-815 Sunrise Yoga Shomer 815-9 Pilates Lane 9:15-10:00 Water Zumba Deborah 915-1015 Strength Training Gail 3-4 Spin Bambi 4:15-5:15 Slow Flow Yoga Asha
<b>10</b> 7-8 Sunrise Meditation Shomer 8-8:50 Pilates Lane 830-915 Aqua Cardio Meg 9-10 Strength Training Bambi	<b>11</b> 6:45-7:45 Cardio Fusion Sharon 8-850 Get Strong Gail 9-950 Aqua Cardio Gail 9-9:50 Spin Bambi 10-10:50 Kettle and Core Gail <b>5:15-6:15 Aqua Cardio Deborah</b> 6-6:50 Yoga Kathy	<b>12</b> 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	<b>13</b> 6:45-7:45 Balance & Stretch Sharon 8:00-850 Yoga/Pilates Fusion Gail 9-950 Aqua Cardio Gail 9-9:50 Spin Thomas 12-1 Yoga Julia 530-6:20 Pilates Lane	<b>14</b> 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 <b>5:30-6:30 Dance Groupies of GSJ Juli</b> <b>6:30-7:30 Beginner East Coast Swing</b> <b>7:30-8:30 Beyond Beg. East Coast Swing.</b> Juli	<b>15</b> 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 Lia 4-5 Restorative Yoga Asha	<b>16</b> 715-815 Balance and Stretch Bambi 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 Kathy
<b>17</b> 7-8 Sunrise Meditation Bambi 8-8:50 Balance and Stretch Bambi 830-915 Aqua Cardio Meg 9-10 Boot Camp Nick	<b>18</b> 6:45-7:45 Cardio Fusion Sharon 8-850 Get Strong Gail 9-950 Aqua Cardio Gail 9-9:50 Spin Bambi 10-10:50 Kettle and Core Gail <b>5:15-6:15 Aqua Cardio Deborah</b> 6-6:50 Yoga Kathy	<b>19</b> 6:45-7:45 Circuit Training Sharon 9-9:50 Yoga Julia 9-9:50 Aqua Fusion Jill 10-10:50 Strength/Condition Bambi 12-12:50 Gentle Yoga Julia 3:30-4:30 Tai Chi Stan 530-6:20 Pilates w/Equipment Lane	<b>20</b> 6:45-7:45 Balance & Stretch Sharon 8:00-850 Yoga/Pilates Fusion Gail 9-950 Aqua Cardio Gail 9-9:50 Spin Thomas 11-11:50 <b>GOLF FIT</b> John 12-1 Yoga Julia 530-6:20 Pilates Lane	<b>21</b> 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 <b>5:30-6:30 Dance Groupies of GSJ Juli</b> <b>6:30-7:30 Beginner East Coast Swing</b> <b>7:30-8:30 Beyond Beg. East Coast Swing.</b> Juli	<b>22</b> 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 Lia 4-5 Restorative Yoga Julia	<b>23</b> 715-815 Balance and Stretch Bambi 815-9 Pilates Lane 915-1015 Strength Training Nick <b>12:45-1:45 PRIVATE CLASS</b> Bambi 3-4 Spin Bambi 4:15-5:16 Slow Flow Yoga Kathy

<b>24 / 31</b>		<b>25</b>		<b>26</b>		<b>27</b>		<b>28</b>		<b>29</b>		<b>30</b>	
7-8 Sunrise Meditation	Bambi	6:45-7:45 Cardio Fusion	Sharon	6:45-7:45 Circuit Training	Sharon	6:45-7:45 Sunrise Yoga	Shomer	645-745 Body Sculpt	Denise	645-735 Core & Stretch	Meg	715-815 Sunrise Yoga	Shomer
8-8:50 Pilates 3/24	Lane	8-850 Get Strong	Gail	9-9:50 Yoga	Julia	8:00-850 Yoga/Pilates Fusion	Gail	8-8:50 Spin	Thomas	8-850 Get Strong	Gail	815-9 Pilates	Lane
8-8:50 Yoga 3/31	Shomer	9-950 Aqua Cardio	Gail	9-9:50 Aqua Fusion	Jill	9-950 Aqua Cardio	Gail	9-9:50 Yoga	Julia	9-9:50 Aqua Cardio	Gail	9:15-10:00 Water Zumba	Deborah
830-915 Aqua Cardio	Meg	9-9:50 Spin	Bambi	10-10:50 Strength/Condition	Brandy	9-9:50 Spin	Thomas	8:30-9:15 Aqua Cardio	Kathy	9-9:50 Spin	Bambi	915-1015 Strength Training	John
9-10 Boot Camp	Nick	10-10:50 Kettle and Core	Gail	12-12:50 Gentle Yoga	Julia	12-1 Yoga	Shomer	10-10:50 Strength	Brandy	10-10:50 Pilates Fusion	Gail	4:15-5:15 Slow Flow Yoga	Asha
		6-6:50 Yoga	Kathy	3:30-4:30 Tai Chi	Stan	530-6:20 Pilates	Lane	<b>5:30-6:30 Dance Groupies of GSJ Juli</b>		12-1 Yoga	Shomer		
				530-6:20 Pilates w/Equipment	Lane			<b>6:30-7:30 Beginner East Coast Swing</b>		4-5 Restorative Yoga	Asha		
								<b>7:30-8:30 Beyond Beg. East Coast Swing.</b>	<b>Juli</b>				

**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.**

**Beginner Ballroom for Social Events**-Learn some new skills in the New Year! Get ready for upcoming social events 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 a variety of music so you gain experience recognizing these tunes and which dance they go with. **\$120 per couple/ 6 weeks**

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

**Relax and Renew**- Moving meditation into a still seated meditation followed by a gentle practice, leading up to a restorative yoga practice (2 hours).

## 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