



Group Fitness Schedule

(757) 220-7720

307 S. Enoland Street, Williamsburg, Virginia 23185

April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 6:45-7:45 Cardio Fusion Sharon 8:00-8:50 Get Strong Gail 9-9:50 Aqua Cardio Gail 10-10:50 Kettle and Core Gail 5:15-6:16 Aqua Cardio Deborah 6-6:50 Yoga Shomer	2 6:45-7:45 Circuit Training 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 5:30-6:20 Pilates w/Equipment Lane	3 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 5:30-6:20 Pilates Lane	4 645-745 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 Beginner East Coast Swing	5 645-735 Core & Stretch Meg 8-850 Get Strong Gail 9-9:50 Aqua Cardio Gail 10-10:50 Pilates Fusion Gail 12-1 Yoga Asha 4-5 Restorative Yoga Asha	6 715-815 Sunrise Yoga Shomer 815-9 Pilates Lane 915-1015 Strength Training Nick 4-4:50 Slow Flow Yoga Asha
7 7-8 Sunrise Meditation Shomer 8-8:50 Yoga Shomer 830-915 Aqua Cardio Meg 9-10 Strength Nick	8 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 5:15-6:15 Aqua Cardio Kathy 6-6:50 Yoga Shomer	9 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 5:30-6:20 Pilates w/Equipment Lane	10 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 Asha 5:30-6:20 Pilates Lane	11 645-745 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 Beginner East Coast Swing	12 645-735 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 Asha 4-5 Restorative Yoga Asha	13 715-815 Sunrise Yoga Shomer 815-9 Pilates Deborah 9:15-10:00 Water Zumba Deborah 915-1015 Strength Training Bambi 3-3:50 Spin Bambi 4-4:50 Slow Flow Yoga Asha
14 7-8 Sunrise Meditation Shomer 8-8:50 Pilates Lane 830-915 Aqua Cardio Meg 9-10 Strength Nick	15 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 5:15-6:15 Aqua Cardio Deborah 6-6:50 Yoga Shomer	16 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 5:30-6:20 Pilates w/Equipment Lane	17 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 5:30-6:20 Pilates Lane	18 645-745 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 12-1:00 GOLF FIT JOHN	19 645-735 Core & Stretch Meg 9-9:50 Aqua Cardio Jill 9-9:50 Spin Bambi 10-10:50 Pilates Fusion Jill 12-1 Yoga Kathy 4-5 Restorative Yoga Asha	20 715-815 Sunrise Yoga Kathy 815-9 Pilates Lane 9:15-10:00 Water Zumba Deborah 915-1015 Strength Training Nick 3-3:50 Spin Bambi 4-4:50 Slow Flow Yoga Asha
21 7-8 Sunrise Meditation Asha 8-8:50 Yoga Asha 830-915 Aqua Cardio Meg 9-10 Strength Nick	22 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 5:15-6:15 Aqua Cardio Deborah 6-6:50 Yoga Shomer	23 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 5:30-6:20 Pilates w/Equipment Lane	24 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 5:30-6:20 Pilates Lane	25 6:45-7:45 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	26 645-735 Core & Stretch Meg 8-8:50 Get Strong Gail 9-9:50 Aqua Cardio Gail 9-9:50 Spin Bambi 12-1 Yoga Shomer 4-5 Restorative Yoga Asha	27 715-815 Sunrise Yoga Shomer 815-9 Pilates Lane 9:15-10:00 Water Zumba Deborah 915-1015 Strength Training Bambi 3-3:50 Spin Bambi 4-4:50 Slow Flow Yoga Asha

28		29	30				
7-8 Sunrise Meditation	Shomer	6:45-7:45 Cardio Fusion	Sharon	6:45-7:45 Circuit Training	Sharon		
8-8:50 Pilates	Lane	8-8:50 Get Strong	Gail	9-9:50 Yoga	Julia		
8:30-9:15 Aqua Cardio	Meg	9-9:50 Aqua Cardio	Gail	9-9:50 Aqua Fusion	Jill		
9-10 Strength	Nick	9-9:50 Spin	Bambi	10-10:50 Strength/Condition	Brandy		
		10-10:50 Kettle and Core	Gail	12-12:50 Gentle Yoga	Julia		
		5:15-6:15 Aqua Cardio	Deborah	3:30-4:30 Tai Chi	Stan		
		6-6:50 Yoga	Shomer	5:30-6:20 Pilates w/Equipment	Lane		

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!

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-6pm
Tranquility Pool-Closed