



Group Fitness Schedule

(757) 220-7720

307 S. England Street, Williamsburg, Virginia 23185

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 6:45-7:45 Sunrise Yoga Shomer 8:00-8:50 Yoga/Pilates Fusion Gail 9-9:50 Aqua Cardio Gail 9-9:50 Spin Thomas 12-1 Yoga Shomer 5:30-6:20 Pilates Lane	2 6:45-7:45 Body Sculpt Bambi 8-8:50 Spin Thomas 8:30-9:15 Aqua Cardio Kathy 9-9:50 Yoga Julia 10-10:50 Strength Brandy	3 6:45-7:35 Core & Stretch Meg 8-8:50 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	4 7:15-8:15 Sunrise Yoga Shomer 8:15-9 Pilates Lane 9:15-10:00 Water Zumba Deborah 9:15-10:15 Strength Training Bambi 3-3:50 Spin Bambi 4-4:50 Slow Flow Yoga Asha
5 7-8 Sunrise Meditation Shomer 8-8:50 Yoga Shomer 8:30-9:15 Aqua Cardio Meg 9-10 Strength Nick	6 6:45-7:45 Cardio Fusion Sharon 8-8:50 Get Strong Gail 9-9:50 Aqua Cardio Gail 9-9:50 Spin Bambi 10-10:50 Kettlebells & Core Gail 5:15-6:15 Aqua Cardio Deborah 6-6:50 Yoga Shomer	7 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	8 6:45-7:45 Sunrise Yoga Shomer 8:00-8:50 Yoga/Pilates Fusion Gail 9-9:50 Aqua Cardio Gail 9-9:50 Spin Thomas 12-1 Yoga Shomer 5:30-6:20 Pilates Lane	9 6:45-7:45 Body Sculpt Bambi 8-8:50 Spin Thomas 8:45-9:30 Aqua Cardio Jill 9-9:50 Yoga Julia 10-10:50 Strength Brandy	10 6:45-7:35 Core & Stretch Meg 9-9:50 Aqua Cardio Jill 10-10:50 Pilates Fusion Jill 12-1 Yoga Shomer 4-5 Restorative Yoga Asha	11 7:15-8:15 Sunrise Yoga Shomer 8:15-9 Pilates Lane 9:15-10:00 Water Zumba Deborah 9:15-10:15 Strength Training Nick 4-4:50 Slow Flow Yoga Asha
12 7-8 Sunrise Meditation Shomer 8-8:50 Pilates Lane 8:30-9:15 Aqua Cardio Deborah 9-10 Strength Nick	13 6:45-7:45 Cardio Fusion Bambi 8-8:50 Get Strong Gail 9-9:50 Aqua Cardio Gail 9-9:50 Spin Bambi 10-10:50 Kettlebells & Core Gail 5:15-6:15 Aqua Cardio Deborah 6-6:50 Yoga Shomer	14 6:45-7:45 Circuit Training Bambi 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	15 6:45-7:45 Sunrise Yoga Shomer 8:00-8:50 Yoga/Pilates Fusion Gail 9-9:50 Aqua Cardio Gail 9-9:50 Spin Thomas 12-1 Yoga Shomer 5:30-6:20 Pilates Lane	16 6:45-7:45 Body Sculpt Bambi 8-8:50 Spin Thomas 8:45-9:30 Aqua Cardio Jill 9-9:50 Yoga Brandy 10-10:50 Strength Brandy 11-11:50 Golf Fit John	17 6:45-7:35 Core & Stretch Meg 8-8:50 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	18 7:15-8:15 Sunrise Yoga Shomer 8:15-9 Pilates Lane 9:15-10:00 Water Zumba Deborah 9:15-10:15 Strength Training Nick 3-3:50 Spin Bambi 4-4:50 Slow Flow Yoga Asha
19 7-8 Sunrise Meditation Shomer 8-8:50 Yoga Shomer 8:30-9:15 Aqua Cardio Meg 9-10 Strength Nick	20 6:45-7:45 Cardio Fusion Bambi 8-8:50 Get Strong Gail 9-9:50 Aqua Cardio Gail 9-9:50 Spin Bambi 10-10:50 Kettlebells & Core Gail 5:15-6:15 Aqua Cardio Deborah 6-6:50 Yoga Shomer	21 6:45-7:45 Circuit Training Bambi 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 Deborah	22 6:45-7:45 Balance & Stretch Bambi 8:00-8:50 Yoga/Pilates Fusion Gail 9-9:50 Aqua Cardio Gail 9-9:50 Spin Thomas 12-1 Yoga Julia 5:30-6:20 Pilates Deborah	23 6:45-7:45 Body Sculpt Bambi 8-8:50 Spin Bambi 8:30-9:15 Aqua Cardio Kathy 9-9:50 Yoga Julia 10-10:50 Strength Brandy	24 6:45-7:35 Core & Stretch Meg 8:05-8:55 Get Strong Gail 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	25 7:15-8:15 Sunrise Yoga Kathy 8:15-9 Pilates Deborah 9:15-10:00 Water Zumba Deborah 9:15-10:15 Strength Training Bambi 3-3:50 Spin Bambi 4-4:50 Slow Flow Yoga Asha
26 8-8:50 Pilates Lane 8:30-9:15 Aqua Cardio Meg 9-10 Strength Nick	27 6:45-7:45 Cardio Fusion Sharon 8-8:50 Get Strong Bambi 9-9:50 Aqua Cardio Kathy 9-9:50 Spin Bambi 10-10:50 Kettlebells & Core Bambi 5:15-6:15 Aqua Cardio Deborah 6-6:50 Yoga Shomer	28 6:45-7:45 Circuit Training Sharon 8-9 Foam Rolling Workshop Bambi 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	29 6:45-7:45 Sunrise Yoga Shomer 8:00-8:50 Yoga/Pilates Fusion Gail 9-9:50 Aqua Cardio Gail 9-9:50 Spin Thomas 12-1 Yoga Shomer 5:30-6:20 Pilates Lane	30 6:45-7:45 Body Sculpt Bambi 8-8:50 Spin Thomas 8:30-9:15 Aqua Cardio Kathy 9-9:50 Yoga Julia 10-10:50 Strength Brandy	31 6:45-7:35 Core & Stretch Meg 8-8:50 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	

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.

Aqua Fusion- A high level cardio class including Tabata, intervals, and strength training.

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.

Balance and Stretch- This class focuses on strengthening the legs and core muscles, improving posture, and improving flexibility while integrating the sensory system. This class is a great way to improve balance and tone your body with the benefits of a non-impact workout. Come join us for this unique experience.

Body Sculpt—Sculpt is pure strength training that will reshape your body and functionally improve your quality of life.

Cardio Fusion—Combination of cardio and strength training exercises utilizing a variety of equipment.

Circuit Training- This class alternates bouts of cardio with six circuit stations that focus on muscle work. Each station lasts 45 seconds and some stations will keep the heart rate up and some will let it come down.

Gentle Yoga-This is a slow floor practice with a strong emphasis on alignment and incorporates restorative postures. No experience necessary. Beginners and experienced practitioners will benefit.

Get Strong—This versatile class uses weights, kettlebells, balls and bands to build muscle and overall strength.

Golf Fit- Want to improve your golf swing? Take this class to improve flexibility and develop core stability.

Kettlebells and Core- Learn how to safely and effectively master the basics of using a kettlebells. Our qualified instructor teaches proper form, engaging the correct muscles and ensuring a whole-body workout. This class is a great way to gain dynamic strength and cardio in one class.

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.

Restorative Yoga- Restorative yoga will calm and reset your entire body and mind. The poses are held for longer time periods which allow the nervous system to transition and release stress and tension. We center of your breath and body - aligning the physical and mental by practicing stillness or gentle movement for a deeper slower practice. Using props assist in helping you to hold poses longer which allow for deeper states of relaxation. Think reboot for your body and mind!

Slow Flow Yoga- This is a gentle yoga class which incorporates standing, balance and seated poses. We work on gaining strength and growing in our flexibility. We move through the practice slowly and deeply sinking our movements to our breath. This allows for a deeply relaxing and restorative experience. All levels are welcome.

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!

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.

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.

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.

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.

Yoga- This is an energetic alignment-based physical practice. As a class we move forward to refine the peace within. The practice works towards inversions and emphasizes dynamic stillness. Modifications are always given, and a three month steady practice prior to attending is recommended.

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

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.

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-8pm
Tranquility Pool-Closed