



Group Fitness Schedule

(757) 220-7720

307 S. England Street, Williamsburg, Virginia 23185

July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 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 12-1 Core John 4:30-5:30 Aqua Cardio Deborah 6-6:50 Yoga Shomer	2 6:45-7:45 Circuit Training Sharon 9-9:50 Yoga Julia 9-9:50 Aqua Fusion Jill 10-10:50 Strength/Condition Brandy 11-11:50 Interval Training Bambi 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 8-8:50 Yoga/Pilates Fusion Gail 9-9:50 Aqua Cardio Gail 9-9:50 Spin Thomas 10-11 Core John 12-1 Yoga Shomer 5:30-6:20 Pilates Lane	4 645-745 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 6-7 Strength Bambi	5 645-735 Core & Stretch Sharon 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	6 7:15-8:15 Sunrise Yoga Shomer 8:15-9 Pilates Lane 9:15-10 Aqua Zumba Deborah 9:15-10:15 Strength Training Nick 10:15-11:15 Cardio Nick 3-3:50 Spin Bambi 4-4:50 Slow Flow Yoga Julia
7 7-8 Sunrise Meditation Shomer 8-8:50 Yoga Shomer 8:30-9:15 Aqua Cardio Kathy 9-10 Strength Nick	8 6:45-7:45 Cardio Fusion Sharon 8-8:50 Get Strong Gail 9-9:50 Aqua Cardio Gail 10-10:50 Kettlebells & Core Gail 12-1 Core Nick 4:30-5:30 Aqua Cardio Deborah 6-6:50 Yoga Shomer	9 9-9:50 Yoga Julia 9-9:50 Aqua Fusion Jill 10-10:50 Strength/Condition Brandy 11-11:50 Interval Training Nick 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 8-8:50 Yoga/Pilates Fusion Gail 9-9:50 Aqua Cardio Gail 9-9:50 Spin Thomas 10-11 Core Nick 12-1 Yoga Shomer 5:30-6:20 Pilates Lane	11 645-745 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 6-7 Strength Nick	12 645-735 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	13 7:15-8:15 Sunrise Yoga Shomer 8:15-9 Pilates Lane 9:15-10 Aqua Cardio Kathy 9:15-10:15 Strength Training Nick 10:15-11:15 Cardio Nick 3-3:50 Spin Bambi 4-4:50 Slow Flow Yoga Kathy
14 7-8 Sunrise Meditation Shomer 8-8:50 Yoga Shomer 8:30-9:15 Aqua Cardio Meg 9-10 Strength Nick	15 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 12-1 Core Nick 4:30-5:30 Aqua Cardio Deborah 6-6:50 Yoga Shomer	16 6:45-7:45 Circuit Training Bambi 8-9 Foam Rolling Workshop Bambi 9-9:50 Yoga Julia 10-10:50 Strength/Condition Brandy 11-11:50 Interval Training Nick 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 8-8:50 Yoga/Pilates Fusion Gail 9-9:50 Aqua Cardio Gail 9-9:50 Spin Thomas 10-11 Core Nick 12-1 Yoga Shomer 5:30-6:20 Pilates Lane	18 645-745 Body Sculpt Bambi 8-8:50 Spin Thomas 8:30-9:15 Aqua Cardio Kathy 9-9:50 Yoga Julia 10-10:50 Strength John 6-7 Strength Nick	19 645-735 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	20 7:15-8:15 Sunrise Yoga Shomer 8:15-9 Pilates Lane 9:15-10 Aqua Zumba Deborah 9:15-10:15 Strength Training Nick 10:15-11:15 Cardio Nick 3-3:50 Spin Bambi 4-4:50 Slow Flow Yoga Julia
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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.

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-9pm
Tranquility Pool-9am-sunset