



## **The Spa, Fitness Center, & Pools of Colonial Williamsburg**

### **What are your hours?**

Spa Services:

Mondays & Tuesdays: 10:00 AM – 3:30 PM (Last reservation at 2:15 PM.)

Wednesday – Sunday: 10:00 AM – 6:00 PM (Last reservation at 2:15 PM.)

Fitness Center: Daily from 6:00 AM – 9:00 PM – By reservation only. (Last reservation at 8:00 PM.)

Indoor Pool: Daily from 6:00 AM – 9:00 PM – By reservation only. (Last reservation at 8:00 PM.)

Outdoor Pools: Closed for season.

### **Will I need an appointment?**

Yes, to be sensitive to social distancing and occupancy directives from the State of Virginia, we are requesting all guests make a reservation instead of walking in.

### **Will I need an appointment for the fitness center and pool?**

Yes, currently to assist with proper social distancing and occupancy directives from the State of Virginia, we are only be offering the fitness center and pool by reservation.

### **When should I make the reservation?**

At this time, all fitness and pool reservations are required and can be made no sooner than 24 hours prior.

### **How do I make a fitness or pool reservation?**

Guest can make reservations by calling the spa directly at Extension 7720 from their room. Also, our direct Spa number which 757/220-7720.

### **Will there be fitness classes?**

Yes. We have a limited indoor class schedule.

## **What about virtual classes?**

Yes, virtual classes will continue to be offered.

## **How do I access the virtual classes?**

Please see schedule with links below:

### **Mondays, January 4th, 11th, 18th, 25th**

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#### **6:45 AM - Cardio Fusion (50 min) - Sharon**

A class that combines aerobic and strength training exercises utilizing a variety of equipment.

HOW TO JOIN: Join us by clicking the link below on a computer or by downloading the ZOOM app on your phone and entering in the meeting ID:

907-468-482

<https://zoom.us/j/907468482>

#### **12:00 PM - Gentle Yoga (50 min) - Shomer**

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

**So that every guest may experience the full benefits of this class we ask that you mute your microphone upon entry into the class.**

HOW TO JOIN: Join us by clicking the link below on a computer or by downloading the ZOOM app on your phone and entering in the meeting ID:

953-3000-2339

<https://zoom.us/j/95330002339>

#### **5:00 PM - Gentle Flow Yoga (50 min) - Shomer**

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

**So that every guest may experience the full benefits of this class we ask that you mute your microphone upon entry into the class.**

HOW TO JOIN: Join us by clicking the link below on a computer or by downloading the ZOOM app on your phone and entering in the meeting ID:

967-8138-3469

<https://zoom.us/j/96781383469>

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**Tuesdays, January 5th, 12th, 19th, 26th**

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**6:45 AM - Cardio/Strength Circuit (50 min) - Bambi**

This fat burning workout takes you through a variety of cardio and strength training exercises to maximize your calorie burn.

**\*INSTRUCTOR SUSTITUTION - SHARON ARE TEACHING ON TUESDAY  
JANUARY 5th, INSTEAD OF BAMBI\***

HOW TO JOIN: Join us by clicking the link below on a computer or by downloading the ZOOM app on your phone and entering in the meeting ID:

947-3080-6786

<https://zoom.us/j/94730806786>

**9:00 AM - Pilates (50 min) - Jill**

A relaxing, yet invigorating mat workout that strengthens and stretches every muscle in the core (other muscles too)!

HOW TO JOIN: Join us by clicking the link below on a computer or by downloading the ZOOM app on your phone and entering meeting ID:

960-9091-5447

<https://zoom.us/j/96090915447?pwd=clIrMmExZGJDWGR3ajREMnErTndPQT09>

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**Wednesdays, January 6th, 13th, 20th, 27th**

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**6:45 AM- Strength (50 min) - Bambi**

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.

**\*INSTRUCTOR SUBSTITUTION - SHARON WILL TEACHING ON WEDNESDAY JANUARY 6th, INSTEAD OF BAMBI\***

HOW TO JOIN: Join us by clicking the link below on a computer or by downloading the ZOOM app on your phone and entering in the meeting ID:

975-1282-0499

<https://zoom.us/j/97512820499>

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**Thursdays, January 7th, 14th, 21st, 28th**

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**6:45 AM - Gentle Yoga (50 min) - Shomer**

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

**So that every guest may experience the full benefits of this class we ask that you mute your microphone upon entry into the class.**

HOW TO JOIN: Join us by clicking the link below on a computer or by downloading the ZOOM app on your phone and entering in the meeting ID:

976-1190-4677

<https://zoom.us/j/97611904677>

**9:00 AM - Tabata Cardio (50 min) - Jill**

Tabata is a form of high-intensity interval training that forces you to work at a very high intensity for short periods of time. Each Tabata set involves alternating two high-intensity or anaerobic exercises for 20 seconds, followed by 10 seconds of rest, for a total of four minutes.

HOW TO JOIN: Join us by clicking the link below on a computer or by downloading the ZOOM app on your phone and entering in the meeting ID:

674-163-905

<https://zoom.us/j/674163905>

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**Fridays, January 1st, 8th, 15th, 22nd, 29th**

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6:45 AM - Stretch and Core (45 min) - Meg

This fitness class makes adding a core workout to your daily routine easier than ever. Proper breathing, form, technique, and timing are all part of what you will focus on.

**\*INSTRUCTOR SUBSTITUTION - BAMBI ARE TEACHING ON FRIDAY  
JANUARY 1st, INSTEAD OF MEG\***

HOW TO JOIN: Join us by clicking the link below on a computer or by downloading the ZOOM app on your phone and entering in the meeting ID:

317-834-635

<https://zoom.us/j/317834635>

8:00 AM - Tabata Circuit With Weights (50 min) - Jill

Alternating periods of Cardio Tabatas and strength training exercises for a high calorie burning workout all in one class.

HOW TO JOIN: Join us by clicking the link below on a computer or by downloading the ZOOM app on your phone and entering in the meeting ID:

<https://zoom.us/j/94507768411>

9:00 AM - Gentle Flow Yoga (50 min) - Bambi

Geared specifically for those new to yoga or those who are interested in a gentle practice. This class incorporates simple flowing sequences to warm up the body, as well as slower paced movements focusing on alignment, strength, balance, and flexibility.

**So that every guest may experience the full benefits of this class we ask that you mute your microphone upon entry into the class.**

HOW TO JOIN: Join us by clicking the link below on a computer or by downloading the ZOOM app on your phone and entering in the meeting ID:

939-3654-4633

<https://zoom.us/j/93936544633>

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**Saturdays, January 2nd, 9th, 16th, 23rd, 30th**

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**4:00 PM - Gentle Flow Yoga (50 min) - Julia**

Geared specifically for those new to yoga or those who are interested in a gentle practice. This class incorporates simple flowing sequences to warm up the body, as well as slower paced movements focusing on alignment, strength, balance, and flexibility.

**\*INSTRUCTOR SUBSTITUTION - BAMBI ARE TEACHING ON SATURDAY  
JANUARY 16th, INSTEAD OF JULIA\***

**So that every guest may experience the full benefits of this class we ask that you  
mute your microphone upon entry into the class.**

HOW TO JOIN: Join us by clicking the link below on a computer or by downloading the ZOOM app on your phone and entering in the meeting ID: 235-576-278

<https://zoom.us/j/235576278>

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**Sundays, January 3rd, 10th, 17th, 24th, 30th**

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**7:00 AM - Sunrise Meditation (50 min) - Shomer**

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.

**So that every guest may experience the full benefits of this class we ask that you mute your microphone upon entry into the class.**

HOW TO JOIN: Join us by clicking the link below on a computer or by downloading the ZOOM app on your phone and entering in the meeting ID:

923-4683-4018

<https://zoom.us/j/92346834018>

**4:00 PM - De-Stress Restorative Yoga - (50 min) - Bambi**

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. Recenter your breath and body - aligning the physical and mental by practicing stillness or gentle movement for a deeper slower practice.

**\*INSTRUCTOR SUBSTITUTION - JULIA ARE TEACHING ON SUNDAY  
JANUARY 3rd, INSTEAD OF BAMBI\***

HOW TO JOIN: Join us by clicking the link below on a computer or by downloading the ZOOM app on your phone and entering in the meeting ID:

931-7125-7258

<https://zoom.us/j/93171257258>

**What safety protocols are in place in the fitness center and pools?**

We are following all CDC and state guidelines. Thorough cleaning processes have been put in place to ensure our team and guests are as safe as possible. This will also include maintaining social distancing of 10 feet between each guest and equipment used. Please see our website at <https://www.colonialwilliamsburghotels.com/spa/> for a detailed list of our safety protocols for the spa and fitness center operations.

**Will I have to wear a mask while working out?**



Guests will not be required to a mask while using a machine or equipment. However, they will need to wear one entering and leaving the fitness center. We will have masks available upon request.

**Are all spa and salon services available?**

At this time, we are offering hair services, nail services, and massages only. Due to current state guidelines, there are no body services, facials, or makeup.

**How do I make a reservation?**

Guests may reserve spa and salon services through our website <https://go.booker.com/location/ColonialWilliamsburg/service-menu> They may also call the spa directly at (757) 220-7720 or extension 7720 from your room.

**What amenities are available to me?**

We will allow guests to stay an hour after their service to relax in one of our lounges, shower, and change. Currently, due to safety guidelines and out of an abundance of caution for your health and well-being, our steam rooms and jacuzzies remain closed. We will have appropriately distanced lockers available for each guest.

**Am I able to arrive early for my service?**

To maintain proper social distancing, guests are asked to come no more than 30 minutes prior to appointments and are invited to stay up to one hour after.

**What safety protocols are in place in the spa and salon?**

All service providers will wear both a mask and gloves when performing services. All support staff will also be utilizing PPE at all time. Thorough cleaning and sanitation processes have been put in place for all areas of the spa and salon.

**Will I have to wear a mask during my service?**

Yes. Apart from showering after their service, in accordance with Virginia law, we are requiring that guests wear a mask during their entire visit. We will have masks available at check in at the spa front desk.

**Will I be required to fill out paperwork?**

Prior to arrival, we will send intake forms to fill out electronically. We will have specific liability forms that are required to be signed in order to offer services. In most cases this can be done electronically, in some instances it will need to be signed by hand, we cannot make exceptions on this at this time. We will also take a form of payment at the time of each guest's reservations. For ultimate safety, guests will also be encouraged to

pay with a credit card, gift card, or their room number only. Thorough sanitization are in place for any touch point areas for our guests.

**Will there be retail available?**

Yes, we will have retail for sale. At this time, we have removed all TESTERS from shelves, but our spa staff are happy to assist you with any questions.

**When will the spa, pools, and fitness center completely reopen?**

We are closely monitoring Virginia guidelines for approval on opening our spa areas fully. As soon as certain restrictions are lifted, we are in our next phase of reopening. At all times, we are ensuring the safety of our guests and our team.