



THE CLUB AT
KINGSMILL
WILLIAMSBURG, VIRGINIA

JUNE 6TH-JUNE 12TH

THIS SCHEDULE IS FOR THE CLUB AT KINGSMILL MEMBERS ONLY

TUESDAY, JUNE 6TH

CLASS / LOCATION	INSTRUCTOR
6:00am-7:00am CYCLE FUSION / FITNESS CENTER	THOMAS
7:00am-8:00am YOGA / FITNESS CENTER	KIM
8:30am-9:30am HIIT / FITNESS CENTER	TIA
8:30am-9:30am WATER AEROBICS / INDOOR POOL	LANA
9:30am-10:30am WATER AEROBICS / INDOOR POOL	JOANNE
9:30am-10:30am RHYTHMIC STEP / FITNESS CENTER	LANA
4:30pm-5:30pm HATHA YOGA / FITNESS CENTER	EVI

RED = ADVANCED RESERVATION REQUIRED
BLUE = FACEBOOK LIVE

WEDNESDAY, JUNE 7TH

CLASS / LOCATION	INSTRUCTOR
6:00am-7:00am CYCLE / FITNESS CENTER	THOMAS
7:15am-8:15am YOGA / FITNESS CENTER	KIM
8:30am-9:30am WATER AEROBICS / INDOOR POOL	JOANNE
8:30am-9:30am SPIN & STRENGTH / FITNESS CENTER	KRISTEN
9:30am-10:30am CORE / FITNESS CENTER	TIA
9:30am-10:30am WATER AEROBICS / INDOOR POOL	JOANNE
5:00pm-6:00pm MUSCLE SCULPT / FITNESS CENTER	HEATHER
4:00pm-5:00pm STRESS BE GONE / FITNESS CENTER	CHRISTINE

RED = ADVANCED RESERVATION REQUIRED
BLUE = FACEBOOK LIVE

THURSDAY, JUNE 8TH

CLASS / LOCATION	INSTRUCTOR
6:00am-7:00am CYCLE / FITNESS CENTER	THOMAS
7:00am-8:00am YOGA / FITNESS CENTER	DAWN
8:30am-9:30am PILATES FUSION / FITNESS CENTER	COU
8:00am-8:30am BALANCE / FITNESS CENTER	LANA
8:30am-9:30am WATER AEROBICS / INDOOR POOL	JOANNE
8:30am-9:30am TABATA / FITNESS CENTER	TIA
9:30am-10:30am WATER AEROBICS / INDOOR POOL	TIA
9:30am-10:30am STRENGTH / FITNESS CENTER	LANA
4:30pm-5:30pm YIN YOGA / FITNESS CENTER	EVI
5:30pm-6:15pm BEGINNER INDOOR CYCLE / FITNESS CENTER	CARLO

BLUE = FACEBOOK LIVE OPTION

FRIDAY, JUNE 9TH

CLASS / LOCATION	INSTRUCTOR
6:00am-7:00am CYCLE / FITNESS CENTER	THOMAS
7:15am-8:15am GENTLE YOGA / FITNESS CENTER	COLLEEN
8:30am-9:30am STRENGTH & CONDITIONING / FITNESS CENTER	KRISTEN
8:30am-9:30am WATER AEROBICS / INDOOR POOL	LLOYD
9:30am-10:30am WATER AEROBICS / INDOOR POOL	LLOYD
9:30am-10:30am MUSCLE SCULPT / FITNESS CENTER	HEATHER

RED = ADVANCED RESERVATION REQUIRED

OPTION

SATURDAY, JUNE 10TH

CLASS / LOCATION	INSTRUCTOR
8:30am-9:30am PILATES FUSION/ FITNESS LANDING	COU
8:30am-9:30am WATER AEROBICS / INDOOR POOL	HEATHER
9:30am-10:30am MUSCLE / FITNESS CENTER	HEATHER
8:30am-9:30am INDOOR CYCLE / FITNESS CENTER	CARLO

RED = ADVANCED RESERVATION REQUIRED
BLUE = FACEBOOK LIVE OPTION

SUNDAY, JUNE 11TH

CLASS / LOCATION	INSTRUCTOR
9:00am-10:00am WATER AEROBICS/INDOOR POOL	JOANNE

MONDAY, JUNE 12TH

CLASS / LOCATION	INSTRUCTOR
6:00am-7:00am CYCLE / FITNESS CENTER	THOMAS
7:15am-8:15am GOLF YOGA/ FITNESS CENTER	SHARON
8:30am-9:30am PILATES FUSION/ FITNESS CENTER	COU
8:30am-9:30am WATER AEROBICS / INDOOR POOL	JOANNE
8:30am-9:30am SPIN & STRENGTH / FITNESS CENTER	KRISTEN
9:30am-10:30am MUSCLE SCULPT / FITNESS CENTER	HEATHER
9:30am-10:30am WATER AEROBICS / INDOOR POOL	JOANNE
5:30pm-6:15pm BEGINNER INDOOR CYCLE / FITNESS CENTER	CARLO

RED = ADVANCED RESERVATION REQUIRED