




Parks and Recreation

September 2021 Group Fitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7 a.m.	Rec Center CLOSED 9/6				Sunrise Cycle Bambi Spin Studio.		
9 a.m.	Yoga Sandy Studio #2	*NEW Yoga Sandy Studio #2	Cardio Interval Carey	Yoga Sandy Studio #2			
	Barre Christine			Zumba Felix	Cardio Hip Hop Emily	Zumba Lindsey	
9 a.m.	Cycling Carey Spin Studio	Cycling Carey Spin Studio					
10 a.m.	Stretch & Sculpt Carey		Stretch & Sculpt Carey	*NEW – 30min Sandbell Strength Emily 10:15-10:50 a.m.	*NEW BAM! Drum Fitness Sandy *Sep 17 start		
11 a.m.	Zumba Gold Bambi	Chair Fitness Gail	SilverSneakers® Yoga/Balance Gail	Chair Fitness Gail		Align & Flow Yoga (all levels) Laura S.	
12 p.m.	SilverSneakers® Classic Bambi	SilverSneakers® BOOM Mind Gail	SilverSneakers® BOOM Circuit Gail	SilverSneakers® Yoga/Balance Gail	SilverSneakers® Classic Bambi 12:30-1:15pm		
1 p.m.				SilverSneakers® BOOM Mind Gail			
4 p.m.		Balanced Body Pilates Laura S. 4:30 p.m.	*NEW Yoga Sandy	Balanced Body Pilates Laura S. 4:30 p.m.			Yoga Teresa
5 p.m.		Yoga Foundations Paul C. 5:30 p.m.					
6 p.m.	Zumba Beth	*NEW HIIT Strength Sean 6:30 p.m.	Cycling Tina Spin Studio ----- Zumba Felix	Zumba Beth 6:15 p.m.			

Group Fitness Rules

James City County Recreation Center
757-259-4200

- In accordance with CDC guidelines, face coverings are required for adults who have not been fully vaccinated.
- Clean and put away all equipment after use.
- Cycling classes are limited to 10 patrons per class; Rowing classes to 6 patrons per class.
- All other group fitness class size is limited to 20 patrons per class.
- All group fitness class spots are reserved through [SignUp.com](https://www.signup.com).
- All classes are 50 minutes, unless specified otherwise.
- Call the front desk at 259-4200 for questions.

For access to land and aquatic group fitness classes you will need to purchase a one month unlimited Group Fitness pass, 10 Tab pass or Combo pass from the front desk.

- One month unlimited pass without a membership \$50
- One month unlimited pass with a membership \$30
- 10-tab pass with no expiration date (10 classes) \$55