



## KICA Fitness Class Schedule November 2018

All Water Aerobics will be held at Night Heron Pool starting Monday, Oct. 29

	Time	Class	Instructor	Length	Difficulty
<b>Monday</b>	8 a.m.	Cardio Interval	Michelle	60 minutes	☆☆☆
	9:15 a.m.	Water Aerobics	Cherie	60 minutes	☆☆
	9:15 a.m.	Core Strength and Stretch	Susan	55 minutes	☆☆
	10:30 a.m.	The Total Package	Susan	60 minutes	☆☆☆
<b>Tuesday</b>	8 a.m.	Body Sculpt	Melissa	60 minutes	☆☆☆
	9:15 a.m.	Simply Fit	Kelly B.	60 minutes	☆☆☆
	10:15 a.m.	Zumba	Kelly B.	60 minutes	☆☆☆
<b>Wednesday</b>	8 a.m.	Cardio Interval	Erica	50 minutes	☆☆☆
	9:15 a.m.	Water Aerobics	Alison	60 minutes	☆☆
	9:15 a.m.	Core Strength & Stretch	Susan	55 minutes	☆☆
	10:30 a.m.	The Total Package	Susan	60 minutes	☆☆☆
	11:45 a.m.	Loosen Up!	Melissa	55 minutes	☆
	1 p.m.	Tai Chi	Maurice	60 minutes	☆
<b>Thursday</b>	8 a.m.	Cardio Interval	Alison	60 minutes	☆☆☆
	9:05 a.m.	Body Sculpt	Alison	60 minute	☆☆☆
	10:15 a.m.	Zumba	Kelly B.	60 minutes	☆☆☆
	3:30 p.m.	Barre Fusion	Erica	60 minutes	☆☆
<b>Friday</b>	8 a.m.	Cardio Interval	Shannon	55 minutes	☆☆☆
	9 a.m.	Loosen Up!	Shannon	30 minutes	☆☆
	9:15am	Water Aerobics	Cherie	60 minutes	☆☆
	9:30 a.m.	Core & More	Michelle	60 minutes	☆☆
	10:30 a.m.	Total Package	Susan	60 minutes	☆☆☆
<b>Saturday</b>	8 a.m.	Weekend Workout	Melissa	60 minutes	☆☆☆
	9:05 a.m.	Gentle Yoga	Barbara	60 minutes	☆
	10:15 a.m.	Gentle Yoga Flow	Barbara	60 minutes	☆☆

**Rating System** \* ☆ Beginner/Easy    ☆☆ Intermediate/Moderate    ☆☆☆ Advanced/Increased Difficulty

\*Regardless of the rated intensity level, all classes are taught on a multi-level basis and instructors will offer easier or more difficult alternatives for movements. Please inform instructors if you have a bone or joint injury, difficulty with range of motion or any other ailment that may affect your exercise program.

# Fitness Class Descriptions

<b>Core and More</b>	The best of functional exercises in one class. 50% of the class is dedicated to core and the rest to strength and cardiovascular intervals, with options of intensity.
<b>Body Sculpt</b>	A non-aerobic class combining free-weight training, stability ball exercises, stretching and balance drills to make gains in strength, tone, flexibility and function.
<b>Cardio Interval</b>	This class offers fun and energizing total body training, combining cardiovascular and strength training exercises. Formats will vary with intervals of aerobic exercise and strength training.
<b>Simply Fit</b>	A total body workout where each session includes a warm-up, strength training (toning), core exercises, flexibility and balance. Start you day feeling fit and ready for action!
<b>Core Strength and Stretch</b>	Members can use a variety of gear to increase core strength. Pilates moves are used to achieve neutral alignments, focusing on breathing, core control and conditioning. A great tummy toner!
<b>The Total Package</b>	Emphasizes movement, flexibility, core strength and balance. Begins with aerobic warm up, followed by strength training, back-friendly exercises, balance and stretching.
<b>Weekend Workout</b>	Includes cardiovascular conditioning, strength training, flexibility, balance and abdominal exercises. Formats vary.
<b>Loosen Up!</b>	A 30 minute stretch class to promote flexibility through proper stretching
<b>Gentle Restorative Yoga</b>	A gentle yoga practice of easeful movements, balance, deep stretching and breath awareness, followed by long-held restorative postures to soothe the nervous system, quiet the mind and bring deep relaxation.
<b>Gentle Flow Yoga</b>	A gentle yoga experience for those who want to move at a slower and more easeful pace with an emphasis on building awareness of breath and body. Movement encourage strength and flexibility with a period of relaxation.
<b>Water Aerobics</b>	An alternative to traditional aerobics, this class is ideal for those with post-rehabilitative injuries, arthritis, degenerative disc disease or for those who just love to make a splash.
<b>Zumba®</b>	Zumba is an exhilarating, effective, calorie-burning dance fitness program. It fuses Latin rhythms and easy to follow moves to create a one of a kind, body energizing workout.
<b>Individual Fitness Programs</b>	Before beginning your individual workout routine, a fitness orientation is highly recommended. Email <a href="mailto:sandcastle@kica.us">sandcastle@kica.us</a> or call 843-768-3875 to set up an appointment.

The Sandcastle offers a variety of fitness classes, taught by nationally certified instructors. KICA members have first priority should class size exceed capacity. Certain classes may require pre-registration. Although the Sandcastle has mats, it is suggested that you bring your own. The weight room and fitness classes are complimentary for all members. Guest fees apply. Fitness guests are subject to the same guidelines as all Sandcastle guests.