



KICA Fitness Class Schedule

Feb. 1 through Feb. 28, 2018

All classes will be held at the Beachwalker fitness center at **2 Beachwalker Drive**, with the exception of Water Aerobics at The Sanctuary. Saturday's yoga format has changed. Refer to new descriptions on the opposite page.

	Time	Class	Instructor	Length	Difficulty
Monday	8 a.m.	Cardio Interval	Michelle	60 minutes	☆☆☆
	9:30 a.m.	Water Aerobics	Cherie	60 minutes	☆☆
	9:25 a.m.	Core Strength and Stretch	Susan	55 minutes	☆☆
	10:30 a.m.	The Total Package	Susan	60 minutes	☆☆☆
	Time	Class	Instructor	Length	Difficulty
Tuesday	8 a.m.	Body Sculpt	Melissa	60 minutes	☆☆☆
	9:15 a.m.	Core and Kick	Kelly B.	60 minutes	☆☆☆
	10:15 a.m.	Zumba	Kelly B.	60 minutes	☆☆☆
	Time	Class	Instructor	Length	Difficulty
Wednesday	8 a.m.	Cardio Interval	Melissa	60 minutes	☆☆☆
	9:30 a.m.	Water Aerobics	Alison	60 minutes	☆☆
	9:25 a.m.	Core Strength & Stretch	Susan	55 minutes	☆☆
	10:30 a.m.	The Total Package	Susan	60 minutes	☆☆☆
	Time	Class	Instructor	Length	Difficulty
Thursday	8 a.m.	Cardio Interval	Alison	60 minutes	☆☆☆
	10:15 a.m.	Zumba	Kelly B.	60 minutes	☆☆☆
	Time	Class	Instructor	Length	Difficulty
Friday	8 a.m.	Cardio Interval	Melissa	55 minutes	☆☆☆
	9 a.m.	Loosen Up!	Melissa	30 minutes	☆☆
	9:30 am	Water Aerobics	Kelly B.	60 minutes	☆☆
	9:30 a.m.	Core & More	Michelle	60 minutes	☆☆
	10:30 a.m.	Total Package	Susan	60 minutes	☆☆☆
	Time	Class	Instructor	Length	Difficulty
Saturday	8 a.m.	Weekend Workout	Melissa	60 minutes	☆☆☆
	9:05 a.m.	Gentle Restorative Yoga	Barbara	60 minutes	☆☆
	10:15 a.m.	Gentle Flow Yoga	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.

Beachwalker Fitness Center Hours

Monday – Friday: 7 a.m. – 5 p.m.

Saturday: 8 a.m. – 5 p.m.

Sunday: 9 a.m. – 5 p.m.

Fitness Class Descriptions

Core and More	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.
Body Sculpt	A non-aerobic class combining free-weight training, stability ball exercises, stretching and balance drills to make gains in strength, tone, flexibility and function.
Cardio Interval	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.
Core and Kick	This class consists of 30 minutes of core strength exercises and 30 minutes of kickboxing.
Core Strength and Stretch	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!
The Total Package	Emphasizes movement, flexibility, core strength and balance. Begins with aerobic warm up, followed by strength training, back-friendly exercises, balance and stretching.
Weekend Workout	Includes cardiovascular conditioning, strength training, flexibility, balance and abdominal exercises. Formats vary.
Loosen Up!	A 30 minute stretch class to promote flexibility through proper stretching
Yoga (Two Classes)	Gentle Restorative focuses on balance, deep stretching and breath awareness, followed by restorative postures. Gentle Flow takes a slower pace with an emphasis on building awareness of breath and body.
Water Aerobics	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.
Zumba®	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.
Individual Fitness Programs	Before beginning your individual workout routine, a fitness orientation is highly recommended. Email sandcastle@kica.us or call 843-768-3875 to set up an appointment.

KICA Recreation offers a variety of fitness classes, taught by nationally certified instructors. **Please remember to bring your own towel, mat and water for all classes.** KICA members have first priority should class size exceed capacity. Guest fees apply.