



June 2019 KICA Fitness Classes

All Water Aerobics will be held at The Sandcastle.

	Time	Class	Instructor	Length	Difficulty
Monday	8 a.m.	Cardio Interval	Michelle	60 minutes	☆☆☆
	9:15 a.m.	Water Aerobics	Crystal	60 minutes	☆☆
	9:15 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.	Water Aerobics	Cherie	60 minutes	☆☆
	9:15 a.m.	Simply Fit	Kelly B.	60 minutes	☆☆☆
	10:15 a.m.	Zumba®	Kelly B.	60 minutes	☆☆☆
	3:30 p.m.	Integral Yoga	Calista	60 minutes	☆
	Time	Class	Instructor	Length	Difficulty
Wednesday	8 a.m.	Cardio Interval	Erica	50 minutes	☆☆☆
	9:15 a.m.	Aqua Zumba®	Kelly	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	Jeff / Shigeko	60 minutes	☆
	Time	Class	Instructor	Length	Difficulty
Thursday	8 a.m.	Cardio Kick	Erica	60 minutes	☆☆☆
	9:05 a.m.	Tone & Tighten	Michelle	60 minute	☆☆☆
	9:15 a.m.	Water Aerobics	Cherie	60 minutes	☆☆
	10:15 a.m.	Zumba®	Kelly B.	60 minutes	☆☆☆
	3:30 p.m.	Barre Fusion	Erica	60 minutes	☆☆
	Time	Class	Instructor	Length	Difficulty
Friday	8 a.m.	Cardio Interval	Shannon	55 minutes	☆☆☆
	9 a.m.	Loosen Up!	Shannon	30 minutes	☆☆
	9:15 a.m.	Water Aerobics	Susan	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 Yoga	Barbara	60 minutes	☆
	10:15 a.m.	Yoga Flow	Barbara	60 minutes	☆☆

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

*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 any ailment that may affect your exercise program.

Fitness Class Descriptions

Aqua Zumba®	Just add water and shake! Blend the Zumba philosophy with water resistance for a workout you won't want to miss!
Barre Fusion	Barre Fusion is mixture of modified Barre, Pilates, and yoga movements to help strengthen your core and increase range of motion.
Body Sculpt	A non-aerobic class combining free-weight training, stability ball exercises, stretching and balance drills for gains in strength, tone, flexibility and function.
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.
Cardio Interval	This class offers fun and energizing total body training, combining cardiovascular and strength training exercises.
Cardio Kick	Get a kick out of cardiovascular and strength training with basic martial art moves guaranteed to get your heart pumping and you muscles toned.
Simply Fit	A total body workout where each session includes a warm-up, strength training (toning), core exercises, flexibility and balance.
Core Strength and Stretch	Members can use a variety of gear to increase core strength. Pilates moves are used to achieve neutral alignments, core control and conditioning.
The Total Package	Emphasizes movement, flexibility, core strength and balance. An aerobic warm up is followed by strength training, 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.
Tone and Tighten	Class focus is on tightening tummies, lifting seats, and toning thighs, by lengthening muscles and bringing bodies into alignment.
Gentle Restorative Yoga	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.
Gentle Flow Yoga	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.
Integral Yoga	Integral yoga encourages students to combine elements from various yoga practices in order find a level that suits them.
Water Aerobics	An alternative to traditional aerobics, this class is ideal for those with post-rehabilitative injuries, arthritis, or for those who just love to make a splash.
Zumba®	Zumba is an exhilarating, effective, calorie-burning dance fitness program. Latin rhythms and easy to follow moves create a 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.

The Sandcastle offers a variety of fitness classes, taught by nationally certified instructors. KICA members have first priority if classes exceed capacity. Although the Sandcastle has mats, it is suggested that you bring your own. Guest fees apply. Fitness guests are subject to the same guidelines as all Sandcastle guests.