



September Fitness Schedule

MONDAY

7:15 a.m.	Total Body Toning	Michelle	60 minutes
9:15 a.m.	Core & Strength	Susan	60 minutes
9:15 a.m.	Water Aerobics	Kelly	55 minutes
10:30 a.m.	Total Package	Susan	60 minutes

TUESDAY

9 a.m.	Body Sculpt	Melissa	55 minutes
9:15 a.m.	Water Aerobics	Cherie	60 minutes
10 a.m.	Simply Stretch	Melissa	45 minutes
3:30 p.m.	Yoga Flow	Barbara	60 minutes

WEDNESDAY

8 a.m.	Barre Fusion	Alison	55 minutes
9 a.m.	Simply Fit	Kelly	55 minutes
9:15 a.m.	Water Aerobics	Cherie	55 minutes
10:30 a.m.	Stretch & Balance	Melissa	60 minutes

THURSDAY

8 a.m.	Cardio Interval	Alison	55 minutes
9:05 a.m.	Gentle Yoga	Barbara	55 minutes
9:15 a.m.	Water Aerobics	Alison	60 minutes
10:30 a.m.	Core & More	Michelle	55 minutes
11:45 a.m.	Tai Chi	Maurice	60 minutes
3:30 p.m.	Stretch & Meditate	Kristen	60 minutes

FRIDAY

8:30 a.m.	Zumba	Kelly	60 minutes
9:15 a.m.	Water Aerobics	Susan	60 minutes
9:30 a.m.	Tone & Tighten	Michelle	55 minutes
10:30 a.m.	Total Package	Susan	60 Minutes

SATURDAY

8 a.m.	Weekend Workout	Melissa	55 minutes
9:05 a.m.	Yoga Flow	Barbara	60 minutes
10:15 a.m.	Barre Fusion	Alison	60 minutes

*Regardless of the 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 of any ailment or injury that may affect your exercise program. No perfumes, please.



FIND YOUR PERFECT FITNESS CLASS

Barre Fusion	A fun, suitable class for all fitness levels that combines various disciplines of movements, such as, Barre, Pilates, resistance, training, and stretching. A great way to improve flexibility, balance, proper posture, and movement patterns.
Body Sculpt	A non-aerobic class combining free-weight training, exercises, stretching, and balance drills for gains in strength, tone, and flexibility.
Cardio Interval	This class offers fun and energizing total body training, combining cardiovascular and strength training exercises. Formats include intervals of aerobic exercise and strength training.
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.
Core and Strength	A combination of Pilates, yoga, core, and body resistance training is used to achieve neutral alignments, focusing on breathing, core control, and conditioning. A great tummy toner!
Gentle 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.
Simply Stretch	A 45 minute class including stretches for the entire body along with relaxation to promote flexibility and range of motion.
Simply Fit	A total body workout including a warm-up, strength training, Toning, and core exercises, flexibility, and balance. Start your day feeling fit and ready for action!
Tai Chi	Tai Chi is a program of low impact, gentle movement. Each posture flows into the next without pause, helping to increase flexibility and improve joint mobility.
Total Body Toning	Work your whole body and build stamina in this energizing class. It includes a combination of cardio, strength, and core work and improves balance. See yourself improve as you build muscle and increase endurance.
Total Package	Emphasizes movement, flexibility, core strength, and balance. Includes aerobic warm-up, followed by strength training, back-friendly exercises, and more.
Tone and Tighten	Class focus is on tightening tummies, lifting seats, and toning thighs. An active stretch will follow to lengthen muscles and brings the body into alignment.
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.
Weekend Workout	Includes cardiovascular conditioning, strength training, flexibility, balance, and abdominal exercises. Formats vary.
Stretch and Balance	This class includes all of the benefits of Stretch in addition to balance challenges. The class uses both the bands and the balls.
Stretch and Meditate	This class will emphasize mindful movement and meditation, connecting your breath to your body, and mind to the present moment. The pace is meant to cultivate a meditative experience while stretching and nurturing the body.
Yoga Flow	A yoga practice of easeful movements, balance, deep stretching, and breath awareness, followed by postures to quiet the mind and bring deep relaxation.
Zumba	Party yourself into shape with Zumba® Fitness! Zumba is an effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.
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

