



WEEKLY FITNESS SCHEDULE

December 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:15 A.M.	Total Body Toning (Michelle)					
8 A.M.		Golf Fitness (Alison)	Barre Fusion (Alison)	Cardio Interval (Alison)		Weekend Workout (Melissa)
8:30 A.M.					Zumba (Kelly)	
9 A.M.	Water Aerobics <i>@ The Sanctuary</i> (Kelly)	Body Sculpt (Melissa)	Water Aerobics <i>@ The Sanctuary</i> (Cherie) Total Package (Kelly)	Gentle Yoga (Barbara)	Water Aerobics <i>@ The Sanctuary</i> (Alison)	Yoga Flow (Barbara)
9:15 A.M.	Core & Strength (Susan)					
9:30 A.M.					Tone & Tighten (Michelle)	
10 A.M.		Simply Stretch (Melissa)				
10:15 A.M.						Barre Fusion (Alison)
10:30 A.M.	Total Package (Susan)		Stretch & Balance (Melissa)	Total Package (Michelle)	Total Package (Susan)	
11:45 A.M.				Tai Chi (Maurice)		
3:30 P.M.	Barre Fitness (Denise)	Yoga Flow (Barbara)		Stretch & Meditate (Kristen)		

Advance registration is required for fitness classes at kica.us/login.



FIND A PERFECT FIT

Fitness Class Descriptions

All-Levels Classes | Complimentary for Members (Unless Noted) | Register at kica.us/login

Barre Fitness	Barre Fitness combines strength training, core conditioning and targeted stretching for improved flexibility, posture, strength and balance. Using small, controlled movements, you will work every muscle group in this challenging class with a strong focus on form and alignment.
Barre Fusion	This class 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	This non-aerobic class combines free-weight exercises, stretching, and balance drills for strengthening, toning, and increasing flexibility.
Cardio Interval	This fun and energizing total body training, combines cardio and strength training exercises.
Core & More	The best of functional exercises in one class. Half of the class is dedicated to core and the rest to strength and cardiovascular intervals.
Core & Strength	A great tummy toner! This combination of Pilates, yoga, core, and bodyweight exercises are used to achieve neutral alignments.
Gentle Yoga	A gentle yoga experience for those who want to move at a slower and more zen pace with an emphasis on mindfulness and body awareness.
Golf Fitness	This program is designed to support the movements of golf and other rotational sports, by developing rotational flexibility, strength, and power creating a more consistent level of play.
Simply Stretch	This 45-minute class includes stretches for the entire body with relaxation techniques to promote flexibility and range of motion.
Simply Fit	This total body workout includes strength training, toning and core exercises, flexibility, and balance.
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 and muscle while increasing endurance in this energizing class. It includes a combination of cardio, strength, and core work and improves balance.
Total Package	Emphasizes movement, flexibility, core strength, and balance. Includes aerobic warm-up, followed by strength training, back-friendly exercises, and more.
Tone & Tighten	Class focus is on tightening tummies, lifting seats, and toning thighs. An active stretch will follow to lengthen muscles and bring the body into alignment.
Water Aerobics	Get moving in the pool. This class is great for post-rehabilitative injuries and arthritis. Taking place at the Sanctuary's indoor pool. Please arrive no more than 15 minutes prior to class and exit immediately following class. **Towel Service Not Available, please bring your own towel**
Weekend Workout	Includes cardiovascular conditioning, strength training, flexibility, balance, and abdominal exercises.
Stretch & Balance	Stretch to promote flexibility and increase range of motion while using bands or balls to improve balance.
Stretch & Meditate	Stretch to promote flexibility and increase range of motion while connecting to your breath and quieting your mind.
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™.

Personal training is available. Contact sandcastle@kica.us or call 843-768-3875.