

WEEKLY FITNESS SCHEDULE

August 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:15 A.M.	Total Body Toning (Michelle)					
8 A.M.		Total Package (Alison)	Barre Fusion (Alison)	Cardio Interval (Alison)		Weekend Workout (Melissa)
8:30 A.M.		Deep Water Fit (Cherie) - OVP		Deep Water Fit (Cherie) - OVP	Zumba (Kelly)	Water Aerobics (Kelly)
9 A.M.	Water Aerobics (Kelly)	Body Sculpt (Melissa) Aqua Fit (Alison)	Water Aerobics (Cherie) Total Package (Kelly) Power Walk (Alison)	Gentle Yoga (Barbara) Aqua Fit (Alison)	Water Aerobics (Cherie/Susan) Power Walk (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)	
11:00 A.M.		Barre Fitness (Denise)				
11:45 A.M.				Tai Chi (Maurice)		
3:30 P.M.		Yoga Flow (Barbara)	Golf & Racquet Fitness (Stephen)	Stretch & Meditate (Calista)		
5:00 P.M.	* Sports* Conditioning (Stephen)		*Sports* Performance (Stephen)	*Sports* Conditioning for Injury Prevention (Stephen)		

Advance registration is required for fitness classes at kica.us/login.
 Personal training is available. Contact sandcastle@kica.us or call 843-768-3875.

Fitness Class Descriptions

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

Aqua Fit	This in water class builds strength, flexibility and stamina using dumbbells and other water based resistance equipment.
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 & Strength	A great tummy toner! This combination of Pilates, yoga, core, and bodyweight exercises are used to achieve neutral alignments.
Deep Water Fitness	Suspended in the pool using a provided buoyancy belt, you will be led in no-impact cardio and strengthening exercises. Deep-water jogging, interval training, and flexibility movements are easily modified for all levels of fitness, and are enhanced by great music! Your head stays above the water at all times, and swimming skills are not required. Make a splash!
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 & Racquet Fitness	This program is designed to support the movements of golf, tennis and pickleball by developing rotational flexibility, strength, and power creating a more consistent level of play. Key exercises
Power Walk	Join our instructor and neighbors for a brisk walk and body weight exercises. Great for all levels.
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.

The Sandcastle

Water Aerobics	Get moving in the pool. This class is great for post-rehabilitative injuries and arthritis.
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™.
Sports Conditioning	Ages 9-12: \$25 per class. Youth athletes will develop the conditioning and movement patterns needed for a variety of sports.
Sports Performance	Ages 13-15: \$25 per class. Develop strength, speed, and power needed for sports. Athletes will learn correct training techniques to improve their performance and reduce injury.
Sports Conditioning for Injury Prevention	Ages 16-18: \$25 per class. Geared for older athletes, this program is based on the principles of injury prevention. Beginning with a functional movement assessment, each class will improve speed, strength, and power through injury prevention exercises.