



WEEKLY FITNESS SCHEDULE

January 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:15 A.M.	Total Body Toning (Michelle)					
8:00 A.M.		Total Package (Alison)	Barre Fusion (Denise)	Cardio Fusion Express -45min (Erin)		Weekend Workout (Melissa)
8:30 A.M.					Zumba (Kelly)	
9:00 A.M.	Water Aerobics* (Kelly)	Body Sculpt (Melissa) Power Walk (Alison)	Total Package (Kelly) Outdoor Boot Camp (Alison) Water Aerobics* (Cherie)	Gentle Yoga (Barbara) Power Walk (Alison)	Water Aerobics* (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)				
11:30 A.M.				Well Balanced (Alison)	Golf and Racquet Fitness (Stephen)	
3:00 P.M.		Yoga Flow (Barbara)		Stretch & Meditate (Kristen)		

Manual Stretch Therapy with Stephen is available by appointment on Friday Afternoons.
Register via CourtReserve. *Additional Fees Apply*

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



Water Aerobics classes will be held at The Sanctuary Hotel until further notice
The Sandcastle will be CLOSED January 16-22 for annual maintenance. Water Aerobics classes will continue as scheduled.

Fitness Class Descriptions

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

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 Fusion Express	This fun and energizing total body training combines cardio, interval and core strength training exercises in a fast paced, up beat 45 minute class.
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! *Discontinued Until Spring 2023*
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 and 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.
Outdoor Boot Camp	A fun way to get fit while enjoying fresh air and sunshine. Various circuits will be set up around the pools and playground to challenge your aerobic capacity, balance, core, range of motion and your brain.
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.
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.
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.
Well Balanced	Low impact exercises performed to increase balance, flexibility, sensory awareness, reflexes, and concentration.
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™.