

WEEKLY FITNESS SCHEDULE

November 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15 A.M.	Total Package (Michelle)						
8:00 A.M.		Barre Fusion (Erin)	Barre Fusion (Kelly)	Cardio Fusion Express -45min (Erin)		Weekend Workout (Melissa)	
8:15 A.M.	Strictly Strength (Michelle)						
8:30 A.M.					Zumba (Kelly)		
9:00 A.M.		Body Sculpt (Melissa)	Total Package (Kelly)	Gentle Yoga (Barbara)		Core Express -45Min (Kelly)	
9:15 A.M.	Core Strength (Susan)						
9:30 A.M.	Beach Walk (Kelly)		Beach Walk (Susan)		Beach Walk (Susan) Tone & Tighten (Michelle)		
10 A.M.		Water Aerobics (Cherie) Simply Stretch (Melissa)	Water Aerobics (Cherie)	Water Aerobics (Cherie)		Yoga Flow (Barbara)	Vinyasa Yoga (Daryle)
10:30 A.M.	Total Package (Susan)		Stretch & Balance (Melissa)	Total Package (Michelle)	Total Package (Susan)		
11:30 A.M.				Tai Chi (Maurice)			
3:00 P.M.		Yoga Flow (Barbara)	Vin Yin Yoga (Erin)	Yoga Flow (Kristen)			
4:15 P.M.		Let's Dance SEE BACK (Denise)					

*Manual Stretch Therapy with Stephen is available by appointment on Friday Afternoons.

Register via CourtReserve.

*Additional Fees Apply

Water Aerobics classes will be held at The Sanctuary Hotel beginning Monday, November 27th

Classes will take place on Monday, Wednesday & Friday at 9:00am

Towels will not be provided to class participants

Let's Dance!

November 7th, 14th & 21st- Southern Line Dance

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	Deep water fitness is performed in water that submerges the body up to the neck. Having your full body working against the resistance of the water makes the exercises more challenging. You are able to use deep water aerobics exercises to tone your entire body and burn more calories.
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.
Simply Stretch	This 45-minute class includes stretches for the entire body with relaxation techniques to promote flexibility and range of motion.
Stretch & Balance	Stretch to promote flexibility and increase range of motion while using bands or balls to improve balance.
Strictly Strength	This non-aerobic class uses dumbbells, bands, and bodyweight to increase muscular strength and endurance.
Tai Chi	a mind-body exercise that combines movements, meditation, and deep breathing.
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.
Vin Yin Yoga	This new yoga class combines a flow style vinyasa yoga to build strength and balance followed by a slow and relaxing yin-based stretch to increase flexibility and promote relaxation.
Vinyasa Yoga	A creative and dynamic form of yoga that uses breath to link physical yoga postures. Each class is different and postures are sequenced in a way to help increase flexibility, strengthen and tone muscles, and allow you to tune in to your body's own rhythm.
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.
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™.

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

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