

## WEEKLY FITNESS SCHEDULE

# October 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15 A.M.	<b>Total Package</b> (Michelle)						
8:00 A.M.		<b>Barre Fusion</b> (Erin)	<b>Mat Pilates</b> (Kelly)	<b>Cardio Fusion Express -45min</b> (Erin)		<b>Weekend Workout</b> (Melissa)	
8:15 A.M.	<b>Strictly Strength</b> (Michelle)						
8:30 A.M.					<b>Zumba</b> (Kelly)		
9:00 A.M.	<b>Water Aerobics (Kelly)</b>	<b>Water Aerobics (Cherie)</b>  <b>Body Sculpt</b> (Melissa)	<b>Water Aerobics (Hannah)</b>  <b>Total Package</b> (Kelly)	<b>Water Aerobics (Cherie)</b>  <b>Gentle Yoga</b> (Barbara)	<b>Water Aerobics (Susan)</b>	<b>Core Express -45Min</b> (Kelly)	
9:15 A.M.	<b>Core Strength</b> (Susan)						
9:30 A.M.					<b>Tone &amp; Tighten</b> (Michelle)		
10 A.M.		<b>Simply Stretch</b> (Melissa)				<b>Yoga Flow</b> (Barbara)	<b>Vinyasa Yoga</b> (Daryle)
10:30 A.M.	<b>Total Package</b> (Susan)		<b>Stretch &amp; Balance</b> (Melissa)	<b>Total Package</b> (Michelle)	<b>Total Package</b> (Susan)		
11:30 A.M.	<b>Tai Chi</b> (Maurice)			<b>Chair Yoga</b> (Barbara)			
3:00 P.M.	<b>Chair-obics</b> (Susan)	<b>Yoga Flow</b> (Barbara)	<b>Gentle Yoga</b> (Erin)	<b>Yoga Flow</b> (Kristen)			

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

Call (917) 743-2911 to schedule!

\*Additional Fees Apply

# Fitness Class Descriptions

All-Levels Classes | Complimentary for Members (Unless Noted) | Register at [kica.us/login](https://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.
Chair-obics	This class is the total package only without any floor work. It offers strength, balance, cardiovascular fitness, range of motion, and even some cognitive elements for brain health as well!
Chair Yoga	A gentle form of yoga that's done while seated or using a chair for balance, makes the practice more accessible. In chair yoga, it's possible to move into poses like cat/cow, warrior, sun salutations and forward folds, all while seated.
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.
Mat Pilates	Increase your core strength, range of motion, posture, balance, and lung capacity with traditional Pilates movements. This form of exercise can also increase body awareness and coordination and can be modified to increase or decrease the level of challenge.
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.
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](https://kica.us/login).

Personal training is available. Contact [sandcastle@kica.us](mailto:sandcastle@kica.us) or call 843-768-3875.