

WEEKLY FITNESS SCHEDULE

March 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15 A.M.	Total Package (Michelle)						
8:00 A.M.		Barre Fusion (Kayleigh)	Mat Pilates (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.	Water Aerobics (Kelly)	Body Sculpt (Melissa)	Total Package (Kelly) Water Aerobics (Hannah)	Gentle Yoga (Barbara)	Water Aerobics (Cherie)	Core Express -45Min (Kelly)	
9:15 A.M.	Core Strength (Susan)						
9:30 A.M.					Tone & Tighten (Michelle)		
10 A.M.		Simply Stretch (Melissa)				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)			Chair Yoga (Barbara)	Chair-obics (Susan)		
3:00 P.M.	Chair-obics (Susan)	Yoga Flow (Barbara)	Gentle Yoga (Erin)	Yoga Flow (Erin)			

March Wellness Challenge – March 3rd through March 21st

Pick up a punch card from the front desk to participate.

Total Fitness Concept 25th Anniversary Party – March 24th at 4:30PM

Water Aerobics will be held at The Sanctuary Hotel Indoor Pool
December 2nd - March 31st

Towels and Additional Amenities are NOT Provided

Fitness Class Descriptions

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

Barre Fusion	This class combines various disciplines of movement, 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, upbeat 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 seated yoga practice that focuses on building strength, mobility, balance, and flexibility with dynamic movements and a pair of light hand weights. Perfect for seniors, those recovering from injury, and those with osteoporosis/osteopenia.
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, 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.

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