

# SPRING Fitness Classes 2024

**\*\*Ask about our 1 week, 6 week, 3 month, 6 month, and yearly KAC membership\*\***

*Members: Classes \$Free*

*Bring a Friend \$10*

*Non-Members: \$20 daily all access to KAC and classes*

<u>Yoga</u>	1 hour		
Monday	10:00-11:00am w/ Scott	Monday	4:45-5:45pm w/ Olivia
Tuesday	10:00-11:00am w/ Carol		
Wednesday	10:00-11:00am w/ Scott	Wednesday	5:30-6:30pm w/ Carol
Thursday	10:00-11:00 w/ Scott *		
Friday	10:00-11:00am w/ Scott	Friday	5:30-6:30pm w/ Carol
Saturday	10:00-11:00am w/ Scott		

<u>Pilates</u>	45 min		
Monday	6:00-6:45pm w/ Lynn		
Saturday	8:30-9:15am w/ Lynn		

<u>Kick, Core and More</u>	45 min		
Tuesday	9:00-9:45am w/ Kathy		
Thursday	9:00-9:45am w/ Kathy		

<u>Movement &amp; Mobility</u>	30 min (Power Lunch)		
Tuesday	12:15-12:45 w/ Kathy		
Thursday	12:15-12:45 w/ Kathy		

<u>Healthy Back &amp; Core</u>	30 min		
Tuesday	4:15-4:45pm w/ Megan		
Thursday	4:15-4:45pm w/ Megan		

<u>HIIT Challenge</u>	30 min		
Tuesdays	5:00-5:30 w/ Megan		
Thursday	5:00-5:30 w/ Megan		

<u>Circuit Jog/Walk</u> *	45 min		
Wednesday	5:15-6:00pm w/ Megan		

<u>TKD Dynamics</u>	1 hour		
Thursday	5:45-6:45pm w/ Ludo		

<u>Cycle(Spin)/Stretch)</u>	1 hour		
Tuesday	5:30-6:30 w/ Anne		

<u>Indoor Cycling (Spin)</u>	1 hour		
Saturday	8:45-9:45am w/ Matt		

*Classes subject to change*

## CLASS DESCRIPTIONS

### Yoga (1 hour)

Yoga is a controlled practice to connect the mind, body, and breath. Uses physical poses and postures to guide you through meditation and self-awareness. Reduces stress, increases flexibility and strength, aids in relaxation and improves overall health and wellness.

### Yoga Workout( 1 hour)

“The Warrior Series” Thursday morning Yoga class with Scott is a more challenging series of postures based on sun salutations.

### Kick, Core and More (45 min)

An exhilarating fitness experience to kickstart your journey to a stronger, more toned body. A dynamic fusion of kickboxing, core strengthening and body conditioning. Focus on building core strength, cardiovascular endurance and flexibility!

### Movement & Mobility (30 min)

Designed to enhance mobility, flexibility and overall body awareness. Incorporating functional movements, dynamic stretching, joint mobilization, and corrective exercises. This class will target stiff joints, tight muscles, and help increase range of motion and circulation. All levels welcome

### Pilates (45 min)

Pilates is a class combining continuous flow of stretching and Yoga with core strengthening and toning using Pilates exercises. This is a beginner/intermediate level class.

### HIIT Challenge (Strength and Conditioning) (30 minutes)

This class will be an intense workout; 5 sets of exercises with varying rest periods. Test endurance and stamina. Mentally and physically challenge yourself to push hard through the periods of work and rest during the allotted time. Bring water and a Friend!

### Healthy Back & Core Class (30 minutes)

After a quick warm up, sweat and burn your way through a safe and challenging 30 min. back and core class. Modifications as needed to personalize this class for everyone! Gentle stretching to finish off this happy back program.

### Circuit Jog/Walk (45 minutes)

Utilizing our cool and lighted indoor track, you will be challenged for 45 minutes to work between laps. Find yourself working your upper body with hand held weights, lower body exercises, planks, high intensity plyometrics, and more. You choose your lap, walk, jog, run, skip, gallop, lateral side-walks, etc.

### TKD Dynamics (1 hour)

Join third degree black belt, Ludo Ledein in a challenging fitness series inspired by Tae Kwon Do. Combine martial arts movements with body conditioning. Learn sequences to help focus the mind and work the body. No experience necessary. Empower. Endurance. Flexibility. Stamina.

### Cycle(Spin)/Stretch)(1 hour)

Start out with a 40-45 min. powerful fast cycling challenge. Finish with full body stretches. This is a power packed hour workout broken in to challenging sections.

### Indoor Cycling(Spin) (1 hour)

Fast paced cycling on a stationary bike. Instructors inspire participants to push through limits! Support each other, have fun, whoop and holler!

*Classes subject to change*