

WINTER Fitness Classes 2024–2025

****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	5:30-6:30pm w/ Olivia
Tuesday	10:00-11:00am w/ Carol		
Wednesday	10:00-11:00am w/ Scott	Wednesday	5:30-6:30pm w/ Carol
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	
Tuesday	8:00-8:45am w/ Kathy	
Thursday	8:00-8:45am w/ Kathy	
Saturday	8:30-9:15am w/ Lynn	

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

<u>TKD Dynamics</u>	1 hour	
Tuesday	5:45-6:45pm w/ Ludo	
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
rev.12/10/24*

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.

Cardio, 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)

Join Meg to test and build upon your strength and endurance. During each class, Meg leads you through a dynamic warm-up, straight into a 30-35 minute workout with varying intensity, followed by a static stretching cool-down. Don't let "High Intensity" fool you though, Meg has many alternatives to the exercises she brings in to make the workout accessible to every fitness level.. Bring water and a Friend!

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!

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