

KTAC Tennis & Athletic Center

Fitness Class Descriptions

PILATES: This class focuses on low-impact core stability exercises and stretching done on a mat. Each exercise will help improve core strength and can be done progressively to suit beginners as well as advanced fitness levels.

INSTRUCTOR: Summer Parco

DAYS & TIME: Tuesday & Thursday 8:15-9:00am

SILVERSNEAKERS® CLASSIC: The Silver Sneakers® fitness program is a challenging, exercise and wellness program helping older adults live healthy, active lifestyles. Get fit, have fun, make friends! Hand-held weights, elastic tubing, and a ball are used for resistance. A chair may be used for seated and/or standing support. Level: beginner to advanced.

INSTRUCTOR: Lori Whiting

DAYS & TIME: Monday, Wednesday, & Friday 10:45-11:30am

TRX: A fantastic class using our suspension training system that works your core while performing exercises that involve the whole body set to music. What better way to get your heart rate up and strength all in one package. This class can work with multiple levels of fitness at one time so find your level and go for it. The instructor will give you ways to make the exercises more challenging for the go getters at the same time provide options for individuals that need a little less intensity.

INSTRUCTOR: Dave Kraft

YOGA WITH SARAH: Focus on the principles of Hatha Yoga with strong emphasis with breathing practice and meditation.

INSTRUCTOR: Sarah Hamilton

DAYS & TIME: Monday 5:15-6:15pm

Tuesday & Thursday 11:15-12:15pm

YOGA WITH JUDY: An innovative class focusing on the instruction and the attention of poses (Asanas) and breathing (Pryanayama) techniques. Both Vinyasa and Hatha yoga will explore the disciplines of traditional yoga.

INSTRUCTOR: Judy Schroedl

DAYS & TIME: Wednesday 5:15-6:15pm

Saturday 8:00-9:00am

ZUMBA®: Enjoy our 60 minute Zumba class! This is a lively and fun aerobic fitness class with movements inspired by Latin dance and music.

INSTRUCTOR: Shauna Fox

DAYS & TIME: Monday & Wednesday 6:30-7:30pm

Saturday 9:15-10:15am

SMART GROUP: This class focuses on toning muscles throughout the body with a focus on core stability. We will work with exercise ball, weights, exercise bands, TRX, steps along with other equipment to achieve individual goals such as weight loss, strength and flexibility in a group setting.

INSTRUCTOR: Dave Kraft

DAYS & TIME: Monday & Wednesday 8:00-9:00am

BODY MECHANICS: This class is for building strength in and around the muscles that are typically blamed for the cause for injury. It is a group setting that involves discussion and mental focus while performing specific exercises that emphasize balance and body positioning. It then breaks out into a circuit for strengthening the support muscles in relation to movements through the shoulder, knee and back. This class is great for those that want to avoid or are recovering from injuries.

INSTRUCTOR: Dave Kraft

DAYS & TIME: Tuesday & Thursday 10:15-11:00am

ON THE BALL: A fun class for individuals looking for progressive core work building strength and stabilization using exercise balls and hand weights. You will learn proper positioning and different ways to get stronger throughout the body. This class can be challenging and will work many muscle groups at one time making it an effective way to get a great full body workout in a short amount of time.

INSTRUCTOR: Dave Kraft

DAYS & TIME: Monday & Wednesday 9:15-10:00am

ZUMBA™ TONING: For those who want to party but put extra emphasis on toning and sculpting to define those muscles.

INSTRUCTOR: Olga Payne

DAY & TIME: Tuesday 5:30-6:30pm