

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 8:15-9:00am & 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

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 11:15-12:00pm

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 5:15-6:15 pm, Saturday 8:00-9:00am

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

INSTRUCTOR: Shauna Fox

DAYS & TIME: Mon & Wed 6:30-7:30pm Saturday 9:15-10:15am