KTAC Weekly Fitness Schedule

KITSAP TENNIS & ATHLETIC CENTER

Classes by reservation only. Reservations open up to 7 days in advance.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Tai Chi Gung Ayako 8-9am					
		Pilates Flow Katie 8:30-9:15am		Pilates Flow Katie 8:30-9:15am		
	COMMIT Dance Fitness Tiera 9-10am		COMMIT Dance Fitness Tiera 9-10am			Yoga w/Judy 9-10am
		Yoga-lates Katie 9:30-10:15am		Yoga-lates Katie 9:30-10:15am		
		Chair Yoga Lucy 10:30-11:30am Begins Nov. 10		Chair Yoga Lucy 10:30-11:30am Begins Nov. 10		
			Power Up Misty 11am-12pm			
	Zumba Gold® Erica 12-1pm	Zumba Gold® Erica 12-1pm		Zumba Gold® Erica 12-1pm	Zumba Gold® Junko 12-1pm	
			Zumba® Becky 1-2pm			
	Yoga w/Judy 5-6pm	Body Sculpt Misty 5-6pm	Yoga w/Judy 5-6pm	Body Sculpt Misty 5-6pm		
	Tai Chi Gung Ayako 6-7pm					
	Sculpt Katie 7-7:45pm		Sculpt Katie 7-7:45pm			

KTAC Fitness Class Guide

Explore our fitness classes and find a workout that fits your interests and fitness level.

Class	Instructor(s)	What to expect
Body Sculpt	Misty	Strengthen your whole body with free weights suited to your fitness level. Finish with core exercises and a full-body stretch.
Chair Yoga	Lucy	Practice gentle yoga poses, stretches, and breathing exercises while seated or standing with a chair for support and balance.
COMMIT Dance Fitness	Tiera	Enjoy a high-energy dance workout with high-intensity intervals, music from around the world, and easy-to-follow moves. Options suit different fitness levels.
Pilates Flow	Katie	Build core strength, stability, flexibility, and coordination through flowing Pilates movements in this 45-minute class.
Power Up	Misty	Start with cardio, then work on strength, mobility, muscle tone, and core fitness. Finish with stretching and a cooldown.
Sculpt	Katie	Build strength and stamina in 45 minutes with a mix of strength training, bodyweight exercises, and low-impact cardio.
Tai Chi Gung	Ayako	Practice gentle movement, breathing, and meditation to improve balance, flexibility, and coordination. Welcoming to beginners and all fitness levels.
Yoga	Judy	Combine Vinyasa and Hatha yoga poses with mindful breathing and attention to alignment. Develop strength, flexibility, balance, and mindfulness.
Yoga-lates	Katie	Enjoy a 45-minute blend of yoga and Pilates that develops flexibility, balance, core strength, stability, and control.
Zumba®	Becky / Erica	Dance to Latin and international music with easy-to-follow moves for a fun cardio workout.
Zumba Gold®	Erica / Junko	Enjoy lower-impact dance fitness designed for active older adults and beginners. Support heart health, balance, flexibility, and coordination.
Zumba Gold Toning®	Erica	Combine Zumba Gold dance moves with lightweight toning sticks to build strength, endurance, and coordination in a low-impact class.