

KA Fitness

We offer small group workouts Monday – Saturday (Sundays are seasonal).

To schedule a workout and see our full schedule

https://www.supersaas.com/schedule/kids_america/kids_america_workouts

The link is also posted to the top of our Facebook page.

MASH UP – An assortment of FUN cardio and strengthening moves. Instructors: Stacey, Katie and Sherry.

Barre – A workout technique inspired by elements of ballet, yoga and Pilates. It focuses on low-impact movements designed to strengthen and sculpt your body. Instructor: Stacey

Interval Cycle/Circuit – Combined cardio and strength training incorporating both cycle work and floor work. Instructors: Stacey, Katie, Sherry and Kim.

Total Body Toning – A full-body workout to tone and strengthen your entire body using light weights and high repetitions. Instructor: Linda

Core De Force – Beachbody boxing, kickboxing and Muay Thai combinations that engage your core. Instructor: Kim

Boxing – Traditional partner boxing using gloves and pads (both available in limited quantities). Instructor: Stacey and Katie

Cardio Kickboxing – Shadowboxing and traditional kickboxing for a fun cardio workout. Instructors: Stacey and Katie

Yoga – Perfect for all fitness levels to tone, strengthen and stretch our bodies. Instructor: Samantha

Step Aerobics – An up-temp workout to get your heart pumping and stay fit. The moves target your legs, upper body and core – building strength and flexibility. You will also improve your balance, coordination and agility. Strengthening moves may be added. Instructors: Stacey, Katie, Ed, Vonda

Throwback Cardio – A fun, energetic cardio class from the 80s and 90s. Instructor: Katie

Tabata / Pyramid – A cardio intense 20 sec activity with a 20 second rest repeating for 4 min partnered with a pyramid strengthening workout. Instructor: Stacey

8x8 Cardio/Strength – limited cardio moves paired with strengthening: 8 sets of 8 repetitions. Instructor: Stacey

Circuit Training – Combination of Strength and Cardio moves performed for 1 minute each set in stations. Instructors: Stacey, Sherry and Katie.

Silver Sneakers – Senior exercise class held every Monday, Wednesday and Friday at 7:45am, 8:45am and 2:00pm. Instructors: Michelle and Vonda

*All equipment is provided. It's recommended you bring water and possibly a towel.

*All classes can be modified to fit your needs and fitness level! Join us!