



We offer small group workouts Monday – Sunday. Check us out @funfitka (Facebook)

There you can click on the following link to book your workouts!

[https://www.supersaas.com/schedule/Kids\\_America/Kids\\_America\\_Workouts](https://www.supersaas.com/schedule/Kids_America/Kids_America_Workouts)

### [Interval Cardio Mash Up](#)

An assortment of FUN cardio and strengthening moves. Taught by Stacey, Katie, Kim, 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. Taught by Stacey and Kim

### [Interval Cycle/Circuit](#)

Combined cardio and strength training incorporating both cycle work and floor work. Taught by Stacey, Katie, Kim, Sherry.

### [Total Body Toning](#)

A full-body workout to tone and strengthen your entire body using light weights and high repetitions. Taught by Linda.

### [Core De Force](#)

Beachbody boxing, kickboxing, & Muay Thai combinations that engage your core. Taught by Kim.

### [Boxing/Kickboxing](#)

Traditional partner boxing paired with cardio kickboxing. Taught by Stacey, Katie.

### [Yoga](#)

Perfect for all fitness levels to tone, strengthening and stretch our bodies. Taught by Sam, Lyric

### [Step Aerobics](#)

An up-tempo way to get your heart pumping and stay fit. The moves target your legs, upper body, and core, building strength and flexibility. They also improve your balance, coordination, and agility. Taught by Ed, Katie, Vonda, Stacey.

### [Mindful Flow](#)

Perfect for all levels. Mindful Flow will encourage you to safely discover, play with, and approach your personal edge in your practice through a process of self-inquiry and response. You will be moving at a breathing pace; integrating creative, thoughtful transitions. With the emphasis on mindfulness, awareness of breath and awareness of sensations in the body. This slow, deep flow uses alignment-focused asana (posture) targeting the release of stress, tension and congestion in the body and mind..

Perfect for beginners exploring yoga, as well as experienced yogis looking for a balanced practice. Taught by Michelle G., Lyric.

### [Silver Sneakers](#)

Every Monday, Wednesday, Friday at 7:45am and 8:45am. Every Monday/Wednesday at 6pm. Taught by Michelle & Vonda..

### [Power Yoga](#)

A meditation in motion. Power Yoga is a well-rounded physical class meant to include all aspects of physical fitness--tone, suppleness, balance, stamina and cardio--while attempting to maintain every range of motion and enliven every nook and cranny through stimulation which facilitates circulation. Taught by Lyric.

### [Align and Flow](#)

This class encourages you to safely discover, play with and approach your personal edge in your practice through a process of self-inquiry and response. You will be moving at a breathing pace/integrating creative, thoughtful transitions. Taught by Michelle G., Lyric.

### [Strengthening](#)

Using free weights, you will strengthen your muscles building definition and tone. Taught by Stacey, Katie, Kim, Sherry.

### [Throwback Cardio](#)

A fun, energetic cardio class from the 80s and 90s. Taught by Katie.

### [Instructors:](#)

Stacey Shriver, Director  
Katie Sorrell  
Linda Scott  
Kim Dobson  
Edward Keifer  
Sherry Kirkpatrick  
Michelle Ganz  
Vonda Hunt  
Michelle Mosbacher