

KINESIS GROUP CLASSES

MOVE YOUR BODY AND YOUR MIND WITH **KINESIS™**

SESSION #7 OCT. 20TH – NOV. 28TH
(must have at least 3 participants to start class)
Complimentary Orientation by appointment

CLASS TIMES	MON	TUE	WED	THU	FRI
6:00-6:30 AM			<i>Kick Start</i> <i>Jessica</i>		<i>Kick Start</i> <i>Kelli</i>
9:30 - 10am AM	<i>Emerge #2+</i> <i>Jessica</i>		<i>Emerge #2+</i> <i>Jessica</i>		
12:30 - 1:00 PM		<i>In - Motion</i> <i>Tiffany</i>		<i>In - Motion</i> <i>Tiffany</i>	
<i>See flyer for times & dates</i>		<i>Special Ski</i> <i>Conditioning class</i>		<i>Special Ski</i> <i>Conditioning class</i>	
5:30-6:00 PM		<i>End Motion</i> <i>Tara</i>		<i>End Motion</i> <i>Tara</i>	<i>*SEE CLASS DESCRIPTIONS ON THE REVERSE</i>

Registration is required in advance.

Six week class sessions – seventh week make-ups

2x per week = 12 Class Sessions for \$120.00

OR

3x per week = 18 Class Sessions for \$180.00

Price does not include tax

Space is limited. Sign up at the front desk today.

KINESIS™ Group Classes Codes: (\$120)-F9112 / (\$180)-F9118

Please return to the front desk

PAYMENT MUST ACCOMPANY REGISTRATION FORM

Name: _____ Phone: _____ Member# _____ F.D. _____

Session Dates: _____ Days: _____ Times: _____

Payment: Check _____ Cash _____ Credit _____ Charge to acct. _____ Total: _____

Member Signature: _____ Date: _____

CLASS DESCRIPTIONS

Kick Start:

6:00 - 6:30 AM

Start your day off right, wake up and get moving with this early workout! Designed for individuals who want to develop & strengthen the major muscles used in everyday living and also enhance flexibility and balance.

Foundation:

9:00 - 9:30 AM

5:00 - 5:30 PM

Introduces participants to the Kinesis method of training, and is a perfect fit for those individuals who are just beginning an exercise program or returning to exercise after a long period of inactivity.

Emerge

9:30 - 10:00 AM

Introduces participants to the training modality of balance.

The intensity of the class is increased by incorporating unilateral movements and increased circuit timing. This workout will increase isolated strength in the left and right sides of the body.

In-Motion:

12:30 - 1:00 PM

Focus on a full body workout in a short amount of time. Take some of your lunch break to sweat a little and strengthen every major muscle group including the abdominals. Participants will leave refreshed and energized to finish the work day or other activities of daily living.

Emerge#2:

4:00 - 4:30 PM

A step above the emerge program. Incorporates more complex movements of the upper body while increasing the balance in the lower body.

End-Motion:

5:30 - 6:00 PM

Focuses on total body strength development, balance, and muscle coordination. Participants will have the opportunity to not only enhance primary muscle strength, but also develop those muscles that tend to get ignored during traditional strength training.