

A Premium Functional Training Program

KINESIS



Optimize your body's function by improving your neuromuscular system, enhancing your stability, & making those muscles that like to take holidays get to work.

Each session is an intense full-body workout!

One kinesis participant says: "I run taller now. I used to run slouched."

Sign up for our Introductory Kinesis Group Personal Training class – room for 8 participants, 5 sessions for \$55
Intermediate & Advanced classes to follow.

LUNCH HOURS 2x a week: Monday AT 11:10 – 11:55 &
Wednesday AT 11:30-12:15
STARTING April 19th

The first class is 25 minutes, subsequent classes are 45 minutes.