

A Premium Functional & Stability Training Program

KINESIS

- Optimize your body's function by improving your neuromuscular system.
- Enhance your stability by making those muscles that like to take holidays (deep core) get to work.
- Work your surface mover muscles while your body is being resisted.



Each session is an intense full-body workout!



A male veteran to training improved his bench press by 50 Lbs in 5 weeks.

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!

6 sessions for \$74

(day 1 is preparatory)

Intermediate & Advanced sessions to follow!

Enhanced Option: Includes 1 hour session of Fascial Stretch Therapy to loosen up & prepare to get the most out of the program for \$144.00.

LUNCH HOURS 2x a week:
Tues. & Thurs. 12:10 - 12:55
Starting Tuesday January 17!