

Kinesis Schedule

February 2011 ~ Where is YOUR class?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Free Demo	General Fitness 2 5:00-6:00 am Jim			
	Free Demo	Baby Boomer Fitness 11:00-12:00pm Annie		Free Demo		
			Free Demo		Free Demo	

Please sign up for free demos at the front desk

Free demos are always available. Ask the front desk to get you set up with a trainer that has the availability you need! Demos are free and last about 30 minutes. Multiple trainers are available to work with you, so just about any time you need can be arranged!

Additional classes available upon request

Classes can be designed for you!!!

Small group training that still allows the trainer to give individual attention

Benefits of personal training at a MUCH lower cost

Want to use Kinesis on your own?!?! Ask about the new Graduate Program!