



KINESIS

Kinesis is a revolutionary new concept in fitness, combining Full Gravity Technology with Multi Dimensional Multi Plane natural movement. The result is a workout that will help you increase tone, balance, strength, and flexibility while burning 30% more calories than traditional equipment. **Kinesis** will challenge you like never before at an intensity level that meets you where you are and reveals where you could be. The **Kinesis Personal Training Program** is your assurance of a great 30 minute **Kinesis** experience.

SESSIONS	MEMBER	NON-MEMBER	Two Train for Less Sign up to train with a partner/another person and you will each save \$10.00 per session. Call for more details.
1 Session	\$48* Each Session	\$58* Each Session	
5 Sessions	\$38* Each Session	\$48* Each Session	
10 Sessions	\$33* Each Session	\$43* Each Session	
20 Sessions	\$28* Each Session	\$38* Each Session	
* Master Trainer add \$10.00 per session			

ALL TRAINING SESSIONS MUST BE USED WITHIN 90 DAYS OF PURCHASE

JOE PEDATELLA
 General Manager
 Fitness Director

Spa 23
 Health & Racquet Club



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