



3121 E. Colfax Ave.  
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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	Cardio	Boot Camp Chris		Boot Camp Chris	Cardio		
6:30					Flow Yoga Jessica		
7:00			Kinesis Foundation Neil				
7:30						Kinesis Emerge Corina	
8:30						Kinesis Foundation Corina	
9:00				Yoga Jessica			
10:30							Yoga Jessica
4:30	Kinesis Foundation Neil	Muscular Balance J.R.					
5:30	Circuit Training Neil						
5:45			Players in the Park Chris & Neil				
6:00		Kinesis Emerge J.R.	Yoga Jessica	Easyline Circuit J.R.			
6:30	Kinesis Foundation Neil						
7:30				Ab Attack Corina			
8:00				Kinesis Foundation Corina			

**Kinesis Demo** (30 minutes) - An introduction to the Kinesis training style

**Kinesis Foundation** (60 minutes) - Movement training with strength, balance, coordination, and cardiovascular endurance

**Players in the Park** (60 Minutes) - Boot camp style workout in City Park.

**Yoga** (60 minutes) - Practice asanas (poses) and meditation techniques

**Butts and Guts** (30 minutes) - Focused training for your core muscles and glutes

**Ab Attack** (30 minutes) - Core strengthening with a wide variety of moves

**Muscular Balance** (30 minutes) - Improve muscle imbalances and body stability

**Circuit Training** (60 minutes) - Fast-paced, full-body strength training with a cardio kick

**Boot Camp** (60 minutes) - High-intensity interval training using a variety of equipment and calisthenics

**Easyline Circuit** (45 minutes) - Total body strength training using Easyline