

Pomerene Kinetics: The Medical Fitness Difference

To maximize your membership and achieve your health and fitness goals, Pomerene Kinetics members receive the following as part of their membership:

Membership Offerings & Programs

- New member orientation
- Fitness Assessment
- Exercise Prescription
- New exercise prescription every 2-3 months
- Re-assessment every 6 months
- Group Exercise Classes
- Medical Oversight by Medical Director
- Educated Staff
- AED,CPR certified staff
- Kinetics Kids (babysitting)
- Kinetics Café



Center Hours

Monday-Thursday	5:00am-9:00pm
Friday	5:00am-8:00pm
Saturday	6:00am-5:00pm
Sunday	1:00pm-5:00pm

Pool Hours

Monday-Friday	12:00-6:00pm
Saturday-Sunday	12:00-4:00pm

Kinetics Kids Hours

Monday-Thursday	9:00am-12:00pm
	4:00-7:00pm
Friday-Saturday	9:00am-12:00pm

POMERENE KINETICS OFFERS fitness programs
and classes to meet various health and wellness needs.

2017 SPRING SCHEDULE

April 3 - June 30, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	BOOTCAMP HITTRX Dana 9:15-10:15 am	FUNCTIONAL FITNESS Laurin 9:15-10:15 am	HARD CORE Laurin 9:15-10:15 am	CORE FOCUS Rachel 9:15-10:15 am	BOOTCAMP HITTRX Dana 9:15-10:15 am	SPINNING Gretchen 9:00-10:00 am
	SILVER SNEAKERS Zane 11:00-12:00 pm		SILVER SNEAKERS Zane 11:00-12:00 pm		SILVER SNEAKERS Zane 11:00-12:00 pm	
	WARM WATER 12:00-1:00 pm	AQUA RX Rose 3:00-4:00 pm	WARM WATER 12:00-1:00 pm	AQUA RX Rose 3:00-4:00 pm	WARM WATER 12:00-1:00 pm	
	SPINNING Gretchen 5:15-6:10 pm	PIYo Kate 5:30-6:10 pm	SPINNING Gretchen 5:15-6:10 pm	SPINNING Gretchen 5:15-6:10 pm		
	STEP & TONING Gretchen 6:15-7:00 pm	TOTAL BODY FITNESS Alyssa 6:15-7:00 pm	STEP & TONING Gretchen 6:15-7:00 pm	TOTAL BODY FITNESS Alyssa 6:15-7:00 pm		

Aqua Rx: A water workout that is easy to follow & easy on the joints.

Boot Camp- HIITRx: High intensity interval training (HIIT) is a type of cardio training in which you alternate short, very high intensity intervals with longer, slower intervals to recover. HIIT training not only helps performance, it also improves the ability of the muscles to burn fat.

Core Focus: This 60-minute class includes strengthening the abs, back, glutes and more to enhance core strength.

Early spin/ Spinning: The indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within - sweat and burn to reach your endorphin high.

Functional Fitness: An easy to follow yet challenging high/low impact workout for ALL AGES and fitness levels. Challenge yourself with intervals of strength and cardio for a full body workout. All levels are welcome.

Hard Core™: This program combines boot camp fitness with the hottest trend to hit the scene -- High Intensity Interval training to boost your metabolism to keep burning calories for hours after your workout is over.

PiYo: A low-impact, HIGH intensity workout that will burn crazy calories. You'll sweat, stretch, and strengthen—all in one. PiYo combines muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to define every single muscle—big and small.

Silver Sneakers: A national fitness program for older adults. The low-impact, whole body group fitness workout that uses balls, tubes, dumbbells, body weight and cardio machines to boost fitness and core strength. Functional strength is the main focus, working different sets of muscles to improve posture, leg strength and improve balance.

Step & Toning: This is a fast paced step aerobic class designed to improve your cardio and tone your muscles!

Total Body Fitness: A total body workout that incorporates strength training and cardio to help tone your body. Every class is different and fun! High energy, high intensity but also designed for every level!

Warm Water: A workout that may include cardio, resistance training, functional training exercises! You may go at your own level.



CONTACT A MEMBERSHIP REPRESENTATIVE
TODAY AT 330-674-4488!

1237 Glen Drive, Millersburg, OH 44654