

# GROUP FITNESS SCHEDULE

## FALL 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:15-10:15 am BOOT CAMP HIITRX Dana	9:15-10:15 am CORE FOCUS Laurin	9:15-10:15 am HARD CORE Laurin	9:15-10:15 am FUNCTIONAL FITNESS Laurin	9:15-10:15 am BOOT CAMP HIITRX Dana
11:00-12:00 pm SILVER SNEAKERS Alicia	10:15-11:00 am TAI CHI Cheryl	11:00-12:00 pm SILVER SNEAKERS Zane	10:15-11:00 am TAI CHI Cheryl	11:00-12:00 am SILVER SNEAKERS Alicia
12:00-1:00 pm WARM WATER Alicia	3:00-4:00 pm AQUA RX Rose	12:00-1:00 pm WARM WATER Alicia	3:00-4:00 pm AQUA RX Rose	12:00- 1:00 pm WARM WATER Alicia
5:15-6:15 pm SPINNING Gretchen	5:15- 6:00 pm BARRE Kate	5:15-6:15 pm SPINNING Gretchen	5:15-6:00 pm RETRO AEROBICS Gretchen	<b>SATURDAY</b> 9:00- 10:00 am SPINNING Gretchen
6:15-7:00 pm STEP & TONING Gretchen	6:15-7:00 pm STRETCH & FLEX Alec	6:15-7:00 pm RETRO AEROBICS Gretchen		

### CENTER HOURS

Monday- Thursday: 5:00am- 9:00pm  
 Friday: 5:00am- 8:00pm  
 Saturday: 6:00am- 5:00pm  
 Sunday: 9:00am- 2:00pm

### POOL HOURS

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

### KINETICS KIDS HOURS

Monday- Thursday: 9:00am- 12:00pm  
 and 4:30- 7:30pm  
 Friday: 9:00am- 12:00pm



Contact a Kinetics Team Member  
 Today at: (330)674-4488

1237 Glen Drive  
 Millersburg, Ohio 44654

# GROUP FITNESS DESCRIPTIONS

## AQUA RX

A water workout that is easy to follow and easy on the joints!

## BARRE

A low impact, high intensity workout that will burn crazy calories! You'll sweat, stretch, and strengthen— all in one!

## 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.

## STEP & TONING

This fast pace step aerobic class is designed to improve your cardio and tone your muscles.



## 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 not only helps performance, it also improves the ability of the muscles to burn fat.

## 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.

## SPINNING

The indoor cycling workout where you ride to the rhythm of powerful music. Take 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.

## TAI CHI

This is an easy-to-learn program that consists of eight slow and controlled movements that can be performed from either a standing or seated position. Tai Chi helps slow down that progression of loss of bone density, improves balance, and relaxation as well as reduces the risk of falls.

## CORE FOCUS

A simple yet exhilarating class geared towards core stability and strength.

## HARD CORE

Bootcamp inspired routines that incorporate HIIT training to help boost metabolism and keep you burning calories long after your workout is completed!

## RETRO AEROBICS

Join us for some throwback fun, with these simple choreographed Aerobic routines!

## STRETCH & FLEX

This low impact class will focus on increasing your flexibility, stabilizing your core, and increasing your range of motion!

## WARM WATER

A workout that may include cardio, resistance training, and functional training exercises! You may go at your own fitness level.

## MEMBERSHIP TYPES:

<u>Category</u>	<u>Enrollment Fee</u>	<u>Monthly Dues</u>
Individual	\$75.00	\$40.00
Couple	\$90.00	\$60.00
Family	\$105.00	\$80.00

\*Fees do not include sales tax

\*See Kinetics rules and regulations for terms and member conditions that apply.

Senior (60+)	20% off enrollment fee only
Student (18-24)	20% off enrollment fee only
PH Rehab Phase	50% off enrollment fee only

## MEDICAL FITNESS

## DIFFERENCE INCLUDES:

- 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