

GROUP FITNESS SCHEDULE

MAY-AUGUST 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-10:00 am BOOT CAMP HIITRX Dana	8:00-9:00 am FUNCTIONAL FITNESS Laurin	8:00-9:00 am TOTAL BODY FIT Laurin	8:00-9:00 am CORE FOCUS Laurin	9:00-10:00 am BOOT CAMP HIITRX Dana
10:15-11:00 am 11:15- 12:00 pm SILVER SNEAKERS Cheryl	10:15-11:00 am TAI CHI Cheryl	10:15- 11:00 am 11:15-12:00 pm SILVER SNEAKERS Cheryl		10:15-11:00 am 11:15- 12:00 pm SILVER SNEAKERS Cheryl
12:00-12:45 pm WARM WATER Alec	3:00-4:00 pm AQUA RX Rose	12:00-12:45 pm WARM WATER Alec	3:00-4:00 pm AQUA RX Rose	12:00- 12:45 pm WARM WATER Alec
5:15-6:15 pm SPIN & TONE Gretchen	6:00-7:00 pm YOGA FIT Molly (starting 5/28)	5:15-6:15 pm SPINNING Gretchen	5:15-6:00 pm SPIN & TONE Gretchen	
6:15-7:00 pm STEP & TONING Gretchen	7:00-8:00 pm YOGA FIT Molly (last class 5/21)			
				SATURDAY
				9:00- 10:00 am SPINNING 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 ROOM

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

High Intensity:

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.

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.

TOTAL BODY FIT

A challenging combination of cardio intervals and muscle toning exercises. No two workouts are ever the same. Work the entire body and keeps the metabolism revved!

AQUA RX

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

Moderate Intensity:

STEP & TONING

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

SPIN & TONE

Enjoy this split class that focuses on strength and toning with Step Technique! Switch gears half way to rev up your cardiovascular needs by completing a thrilling ride on the bike!

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.

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.

Low Intensity:

CORE FOCUS

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

YOGA FIT

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

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.

WARM WATER

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

MEDICAL FITNESS

DIFFERENCE

- New Member Orientation
- Fitness Assessment
- Group Exercise Classes
- Qualified Staff
- Nutritional Counseling
- Medical Oversight by Medical Director
- AED, CPR Certified Staff
- Kinetics Kids (babysitting)

