



fitness & spa

Kinesis Schedule

All Kinesis classes require reservations and are fee-based. Please contact member services at 303.321.7872 to make a reservations and for details about pricing. Reservations must be made **24-hours in advance** for all Kinesis classes and are subject to the 24-hour cancelation policy.

Effective February 1, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:30-7:00 Express Cristina Lubini		6:30-7:00 Express Kelly Athey		8:00-8:30 Express Cristina Lubini
10:30-11:00 Tabata Style Sarah Fox	8:30-9:00 Tabata Style Adrine Writer	10:30-11:00 Burn Heather Bahlmann		10:30-11:00 Burn Sarah Fox	9:00-9:50 Endurance Cristina Lubini
	11:30-12:00 Express Kelly Athey		12:30-1:00 Tabata Style Adrine Writer		Sunday
			1:15-1:45 Tabata Style Adrine Writer		
6:30-7:00 Burn Cristina Lubini	4:30-5:00 Tabata Style Sarah Fox		4:30-5:00 Burn Sarah Fox		



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Class Descriptions

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Kinesis™ is a new method of training that takes place in an elegant and modern space, devised to make you want to move more regularly for an improved quality of life. Your movements will feel natural and smooth, thanks to a technology which enables resistance to gravity in a tridimensional space. You will recover awareness of your movements, acquire a correct posture, and achieve the full harmony of body and mind. You will be stronger and more toned. You will improve body stability, flexibility, proprioception and dexterity. Our Kinesis studio is located on the east side of the 4th floor.

Burn Kinesis™ Class. A 30-minute workout that BURNS! Experience muscular endurance training at its finest.

Endurance Kinesis™ Class. The complete Movement Revolution experience, includes total body strength training and conditioning, core workout and stretch.

Express Kinesis™ class. This 30-minute session will provide you with a total body conditioning experience. Training with Kinesis, when compared to traditional strength training, can burn up to 33% more calories! All levels are welcome.

Tabata Style Kinesis™ Class. The Tabata protocol, introduced by Dr. Izumi Tabata, is a high-intensity training regimen that produces remarkable results. A Tabata workout is an interval training cycle of 20 seconds of maximum intensity exercise, followed by 10 seconds of rest, repeated without pause 8 times for a total of 4 minutes. Come challenge yourself!

Please contact our Fitness Director, Heather, with any questions and feedback at heatherb@puravidclub.com

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