

# KINESIS GROUP CLASSES

MOVE YOUR BODY AND YOUR MIND WITH **KINESIS**

**(must have at least 3 participants to start class)**  
**Complimentary Orientation by appointment**

CLASS TIMES	MON	TUE	WED	THU	FRI
5:00-5:30 PM		<i>End Motion Morgax</i>		<i>End Motion Morgax</i>	

**12 Class Sessions for \$132.00**

**OR**

**18 Class Sessions for \$189.00**

**Price does not include tax**

**(Non-members are welcome to join classes for an extra \$5.00 per class)**

*End-Motion: Focuses on total body strength development, balance, and muscle coordination. Participants will have the opportunity to not only enhance primary muscle strength, but also develop those muscles that tend to get ignored during traditional strength training.*

## KINESIS™ Group Classes

Codes: (\$132)-F9112 / (\$189)-F9118

1 Group Class (\$11)-F9001

non-member GF1000 = \$5/class

Please return to the front desk

**PAYMENT MUST ACCOMPANY REGISTRATION FORM**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Member# \_\_\_\_\_ F.D. \_\_\_\_\_

Days: \_\_\_\_\_ Times: \_\_\_\_\_

Payment: Check \_\_\_\_\_ Cash \_\_\_\_\_ Credit \_\_\_\_\_ Charge to acct. \_\_\_\_\_ non-member \_\_\_\_\_ Total: \_\_\_\_\_

Member Signature: \_\_\_\_\_ Date: \_\_\_\_\_

For more information contact Morgan Bunday (509) 943-8416