



## Small Group Personal Training - KINESIS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:00am-7:40 <b>Balance</b> Nicole	7:00am - 8:00 <b>Emerge (hour)</b> Julie		7:00am - 7:50 <b>Emerge (hour)</b> Julie	
	8:00am-8:40 <b>Power</b> Chris		8:00am-8:40 <b>Power</b> Chris		
8:45am-9:25 <b>Core</b> Julie		9:20am-10:00am <b>Core</b> Mike			9:30am-10:10 <b>Lengthen</b> Nicole
9:30am-10:10 <b>Mixed Kinesis</b> Mike			10:30am-11:10 <b>Lengthen</b> Nicole	10:00am-11:00 <b>Balance/Lengthen</b> Julie (hour class)	
4:00pm - 5:00 <b>Emerge (hour)</b> Julie	4:30pm-5:10 <b>Lengthen</b> Nicole		4:30pm-5:10 <b>Balance</b> Nicole		
	5:30pm - 6:30 <b>Power (hour)</b> Mike	5:30pm-6:30 <b>Mixed Freestyle</b> Nicole			
			6:00pm - 7:00 <b>Power (hour)</b> Mike		
		6:35pm - 7:15 <b>Mixed Kinesis</b> Mike			

For Kinesis Session Descriptions please log-on to [www.puntagordaclub.com](http://www.puntagordaclub.com)

Full Hour Sessions are \$17.50 per session

40 Minute Sessions are \$12.50 per session

For more information or to reserve a spot, please contact Jon Williams at 505-0999, [dnoj@comcast.net](mailto:dnoj@comcast.net)