



HEALTHY STARTS HERE

KINESIS BASIC INSTRUCTION

Dr. P. Phillips YMCA

Kinesis is continuous loop resistance system that frees users from the traditional restrictions of Resistance equipment and cable machines. Learn how to transform your traditional workout into a functional training session for a total-body workout all on one Kinesis station, in as little as 30 minutes.

Classes are limited to 8 participants per class and are reserved on a first come first serve basis. Sign up at the Wellness Concierge Desk

Kinesis Basic Schedule:

Monday
6:30pm

Tuesday
9:00am

Wednesday
6:30pm

Thursday
9:00am

Saturday
12:00pm

Dr. P. Phillips YMCA

7000 Dr. Phillips Blvd., Orlando, FL 32819

P 407.351.9417 E tvillanueva@cfymca.org



ymcentralflorida.com



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The Y is the nation's leading nonprofit committed to strengthening the community through youth development, healthy living and social responsibility. The purpose of this Association is to improve the lives of all in Central Florida by connecting individuals, families and communities with opportunities based on Christian values that strengthen Spirit, Mind and Body. At the Dr. P. Phillips YMCA, we believe everyone, regardless of age, income or background, should have the opportunity to learn, grow and thrive. For more information about membership, financial assistance or to make a donation, please call 407-351-9417 or visit us at www.ymcentralflorida.com