



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
9:00 AM

Wednesday
6:30pm

Thursday
9:00 AM

Saturday
12:00 pm