

Need more information? Email Programs@ethosfitness.com

KINESIS

Kinesis Experience with Elena Learn the basics of kinesis to add variety to your program. Kinesis is core training gone wild – a total body toner with high reps, moderate weight and a light cardio effect. The weights move with you, so you don't feel like you are "lifting weights"! (The smooth mechanics of kinesis can be beneficial for those with fibromyalgia and arthritis.)

4 week program – once a week

Cost: \$100; Non-Member Cost: \$120

Tues 4:30 – 5:15pm (SGTKINGEXTUE)

Session 1

June 8, 15, 22, 29

Session 2

July 6, 13, 20, 27

Session 3

Aug 3, 10, 17, 24

Sunday 3:00 – 3:45pm (SGTKINGXSUN)

Session 1

June 6, 13, 20, 27

Session 2

July 11, 18, 25, Aug 1

Session 3

August 8, 15, 22, 29

Kinesis Exploration with Artie

Take your kinesis workout to the next level – add more integrated movements, balance and coordination.

4-week program – once a week

Cost: \$100; Non-Member Cost: \$120

Sat. 9:15–10:00am (KINGXS)

Session 1

June 19, 26, July 3, 10

Session 2

July 17, 24, 31, Aug 7

Session 3

Aug 14, 21, 28, Sept 4

Register at Reception.

All classes are subject to a minimum participation.