



A rapid fat-burning class that uses barbells to give you the fastest way to tone and condition muscles! After an exhaustive study, BODYPUMP was verified by The University of Auckland as providing the fastest body fat loss of any fitness class.



Take the ultimate ride! RPM incorporates cycling, choreography and motivational coaching techniques to give you a completely safe, aerobic, adrenaline ride. Get in the zone and find out why RPM is totally addictive.

Cardio Combo

This class has 20 min. step, 20min kickbox, 20 min. strength and ab. work. Great all around workout!

Charter Kinesis

Program offered only to long-time Kinesis members.

EZ Line Circuit

FREE circuit style weight lifting & cardiovascular workout session with a certified trainer. Fun, effective, and safe!

Fitness forward

This class is for active individuals who are recovering from cancer, surgery, or those who have chronic illness such as diabetes.

Functional

Sweat while you play! Get in shape with a dynamic and challenging class structured to give you a full body workout while challenging your balance and core strength. This class will improve your performance in sports and everyday activities.

Functional Pilates

The first 15 minutes is functional movement with 45 minutes of Pilates. Great way to start your day.

Intro Zumba

This class will break down the moves for you for each song. At the end they will put it all together for a "great workout".

Moving for Life

This class is designed for senior members. It will help with balance, strength and endurance. All to fun upbeat music!

Step Interval

Step to easy to follow moves combined with resistance training using hand weights, resistance tubing/bands and /or body bars. A good 50 min. class to get your cardio and strength workout in one.

Yoga

Strength/Flexibility/Endurance. Enhances focus and body awareness as well as help reduce stress. The perfect class for the perfect balance in life.

Zumba

Zumba is a Latin inspired, dance fitness class. This class format combines fast and slow rhythms that tone and sculpt the body.



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