

Enroll into the KINETIC Group Fitness Program to have access to unlimited monthly classes!
-- First class is complimentary --

\$20
PER MONTH

group fitness schedule
effective April 1, 2025



KINETIC
FUELED BY IRVINE COMPANY

class descriptions

- Bootcamp** This athletic skills-and-drills class combines cardio, muscle conditioning and plyometric moves. It may also feature the use of weights, bars, balls, sandbags, kettlebells, steps and other small fitness equipment. *Capacity: 16 members*
- Flow Yoga** A class featuring the ancient practice of yoga; a series of asanas (postures) designed to increase flexibility, energy and stillness of mind. *Capacity: 16 members*
- Yoga Sculpt** A full-body workout that fuses yoga postures and muscle conditioning. It's designed to increase flexibility, and to tone and strengthen every muscle in your body (with special emphasis on the core). *Capacity: 16 members*
- Yogalates** This class combines the slow, controlled breathing and stretching of yoga with the core tightening and strengthening moves of Pilates. It's the best of both worlds! *Capacity: 16 members*



	Monday	Tuesday	Wednesday	Thursday	Friday
afternoon		YOGALATES 12:15 – 1:00P Sophia	BOOTCAMP 12:15 – 1:00P Kevin	FLOW YOGA 12:15 – 1:00P Sophia	
evening			YOGA SCULPT 5:30 – 6:15P Elissa		

group fitness guidelines

- Depending on the class type, space may be limited.
- Should you need to leave the classroom, please tell the instructor by raising your hand or making eye contact — this will let the instructor know that you're feeling fine. If you're not feeling well, please sit down to alert the instructor; this will also put you in the best position for recovery.
- Be considerate of other members' exercise space.
- Classes and instructors are subject to change without notice.
- Help us keep the exercise space tidy: please return all equipment to its proper storage area.
- Please feel free to approach instructors if you have any questions or if it's your first time in class. If you're pregnant or have other medical issues that may affect your workout, please inform the instructor before the class begins.
- Taking pictures is prohibited.
- Please dress in appropriate workout attire.
- Personal fragrances should be kept to a minimum.



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