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| July  ***Kinetic Fitness Solutions*** | 2012 |

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1 | 2 | 3 | 4 | 5 | **6** | **7** |
| **RELAX** | 11:30AM TEAM KFS  1:30PM TEAM KFS  3PM TEAM YOKED  6PM TEAM KFS  7:30PM TEAM KFS | 6PM MINAMALIST MUSCLE  7PM BOXING BASICS  7:30 MINAMALIST MUSCLE | **FOURTH OF JULY**  **8AM TEAM KFS**  **9AM TEAM KFS** | 6PM MINAMALIST MUSCLE  7PM BOXING BASICS  7:30 MINAMALIST MUSCLE | 11:30AM TEAM KFS  1:30PM TEAM KFS  3PM TEAM YOKED  6PM TEAM KFS  7:30PM TEAM KFS | 9AM TEAM KFS  11AM TEAM KFS |
| **8** | **9** | **10** | **11** | **12** | **13** | **14** |
| **RELAX** | 11:30AM TEAM KFS  1:30PM TEAM KFS  3PM TEAM YOKED  6PM TEAM KFS  7:30PM TEAM KFS | 6PM MINAMALIST MUSCLE  7PM BOXING BASICS  7:30 MINAMALIST MUSCLE | 11:30AM TEAM KFS  1:30PM TEAM KFS  3PM TEAM YOKED  6PM TEAM KFS  7:30PM TEAM KFS | 6PM MINAMALIST MUSCLE  7PM BOXING BASICS  7:30 MINAMALIST MUSCLE | 11:30AM TEAM KFS  1:30PM TEAM KFS  3PM TEAM YOKED  6PM TEAM KFS  7:30PM TEAM KFS | 9AM TEAM KFS  11AM TEAM KFS |
| **15** | **16** | **17** | 18 | **19** | **20** | **21** |
| **RELAX** | 11:30AM TEAM KFS  1:30PM TEAM KFS  3PM TEAM YOKED  4PM OPEN GYM  6PM TEAM KFS  7:30PM TEAM KFS | 6PM MINAMALIST MUSCLE  7PM BOXING BASICS  7:30 MINAMALIST MUSCLE | 11:30AM TEAM KFS  1:30PM TEAM KFS  3PM TEAM YOKED  6PM TEAM KFS  7:30PM TEAM KFS | 6PM MINAMALIST MUSCLE  7PM BOXING BASICS  7:30 MINAMALIST MUSCLE | 11:30AM TEAM KFS  1:30PM TEAM KFS  3PM TEAM YOKED  6PM TEAM KFS  7:30PM TEAM KFS | 9AM TEAM KFS  11AM TEAM KFS |
| **22** | **23** | **24** | **25** | **26** | **27** | **28** |
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| **29** | **30** | **31** |  |  |  |  |
| **RELAX** | 11:30AM TEAM KFS  1:30PM TEAM KFS  3PM TEAM YOKED  4PM OPEN GYM  6PM TEAM KFS  7:30PM TEAM KFS | 6PM MINAMALIST MUSCLE  7PM BOXING BASICS  7:30 MINAMALIST MUSCLE | 11:30AM TEAM KFS  1:30PM TEAM KFS  3PM TEAM YOKED  4PM OPEN GYM  6PM TEAM KFS  7:30PM TEAM KFS | 6PM MINAMALIST MUSCLE  7PM BOXING BASICS  7:30 MINAMALIST MUSCLE | 11:30AM TEAM KFS  1:30PM TEAM KFS  3PM TEAM YOKED  6PM TEAM KFS  7:30PM TEAM KFS | 9AM TEAM KFS  11AM TEAM KFS |

Kinetic Fitness Solutions

Programs and Pricing

\*By Appointment Only\*

* REMEMBER: Saturday Workouts Free with any package purchase

Anybody can make a tough or grueling workout; our mission is to maximize the productivity of every session for every participant. Below is a list of our programs and we will gladly assist you in finding one that fits your individual needs.

* Team KFS
  + Our premier training program and best value. One-on- One training inside of a group setting. Team KFS workouts are suitable for all ability levels. Each session has a basic template that is adaptable to all members: beginners, post- rehab, fitness enthusiasts, elite athletes, or those just looking to improve health. The main focus of the program is to identify and correct weaknesses and imbalances; as well as, strengthen and enhance the physical and mental aspects of each member. *$165.00 for 1 month (M,W,F)*
* Minimalist Muscle
  + The KFS version of boot camp. Using primarily body weight as the resistance. We take you through various movement patterns designed to strength and shape you into a strong, resilient, well-conditioned human. (**Due to the high intensity of this program, members must complete 1 month of Team KFS training and/or have approval of Head Instructor.)** $125 for 1 month (T,Th)
* Boxing Basics
  + One of the easiest and best ways to boost fitness levels is to learn a new skill. Boxing basics is geared with this in mind. 30 minutes of rigorous boxing drills, skills, and conditioning. $75 for 1month (T,TH) ($150 to participate in Minimalist Muscle also)
  + In order to prevent the spread of bacteria and disease, Participates must supply their own boxing gloves.
* Private Training
  + Just you or your small group working with a member of our training staff. As with all training, sessions are customized to the needs of the individual or group. *1-on1 $60 per session or $540 for 12 sessions. 2-on-1 $360 each for 12 sessions. 3-on-1 $320 each for 12 sessions.*
  + **Please note “Private” does not mean alone in the gym with a trainer. Other sessions may also be in progress.** (By Appointment Only)
* Platinum Plan
  + Want to train 5 days a week? This plan offers you the ability to participate in both Team KFS sessions and Minimalist Muscle. **(Must have approval of Head Instructor)** $205 for 1 month.
* Team Yoked
  + Private, Invite only group sponsored by the facility.