



# Kinesis

The Original Movement

YMCA of Boulder Valley  
www.ymcabv.org

**Arapahoe Branch:**  
2800 Dagny Way  
Lafayette, CO 80026  
Phone: 303-664-5455

**Mapleton Branch:**  
2850 Mapleton Ave  
Boulder CO 80301  
Phone: 303-442-2778

## Ongoing Group Exercise Class

Schedule on Back

## Drop-Ins Welcome!

### Fees:

\$15/25 drop in per class.

\$40/55 unlimited monthly pass.

Kinesis is an innovation in exercise equipment that provides a unique workout experience for improving movement skill and body conditioning.

Designed to accommodate multi-plane movement patterns without compromising the resistance load, Kinesis introduces a new way to exercise in gravity with resistance.

Classes are full body circuit training. You will learn how to use the Kinesis machine and new exercises to add to your workout. You will work on your cardio, balance and strength all with one machine.

Questions about Health and Wellness to Tina Dowe at 303-443-4474 x2800 or [tina.dowe@ymcabv.org](mailto:tina.dowe@ymcabv.org)  
Please let me know your comments and/or requests.



**Our Mission:** The YMCA of Boulder Valley is an Association of people, of all ages, abilities, ethnic groups and religious affiliations who are united in a common effort with a worldwide fellowship, putting Christian principles into practice and enriching the quality of spiritual, mental and physical life for all.

March

M O N	T U E	W E D	T H U	F R I	S A T	S U N
	Kinesis 9:00am Arapahoe (Tina)			Kinesis 10:00am Mapleton (Bailey)		Kinesis 10:45am Arapahoe (Flipper)
Kinesis 12:00pm Mapleton (Bailey)		Kinesis 12:00pm Mapleton (Bailey)				

April

M O N	T U E	W E D	T H U	F R I	S A T	S U N
	Kinesis 10:00am Arapahoe (Tina)			Kinesis 10:00am Mapleton/ Arapahoe (Bailey/Kelly)		Kinesis 10:45am Arapahoe (Flipper)
Kinesis 12:00pm Mapleton (Bailey)		Kinesis 12:00pm Mapleton (Bailey)				

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