

PERSONAL TRAINING

BODY.MIND.KINEMA.

Train smarter and recover faster with K360 Training. At Kinema, we believe fitness involves both the body and mind. Our certified personal trainers are educated and trained in a range of fitness modalities and specialties including weight loss, resistance, core strength, injury rehabilitation and functional training. Each K360 training session can incorporate fitness, recovery and breath work techniques to help achieve optimal results. Each Kinema member receives a complimentary fitness consultation and K360 introductory session.

A complimentary session can include the following:

- Consultation discussing health history and goals
- Body metrics including blood pressure, resting heart rate, and body composition
- Personalized workout
- Breathwork techniques throughout or at end of workout
- Active warm up and cool down with our recovery tools

RATES

	1 Session	6 Sessions	12 Sessions
60min	\$60	\$55	\$50
30min	\$45	\$40	\$35
Tandem	\$90	\$80	\$70

* all prices are per session.

** Tandem and group training are also available.

Packages must be purchased prior to any sessions taking place. There is a 24 hour cancellation policy in effect. All sales are nonrefundable. Policies and prices are subject to change. Every member can receive one complimentary session.

**KINEMA**
FITNESS

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