



LONGFELLOW SPORTS CLUB

GROUP PERSONAL TRAINING ON KINESIS *(Updated as of Dec 1st)*



What is Kinesis?

Kinesis stands as a new way to work out, through which it is possible to perform an infinite variety of exercises and movements ensuring strength, stability, flexibility, core strength, and cardiovascular endurance.

Kinesis' technology allows the opportunity to create training programs for any specific need.

**Kinesis can truly fit the needs of everyone!
Come try a free class and see what it is all about**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
6:30-7 SARAH					
9:00-9:30 AM SARAH		9:30-10 LEROY		9:30-10 HIP HOP WITH LEROY	10-10:30 AM DAN
10-10:30 AM DAN		10-10:30am DAN	9:30-10 am SARAH	10-10:30 AM DAN	1-1:30 DAN H
					SUNDAY
4-4:45 New England Academy of Tennis		4-4:45 New England Academy of Tennis		6-6:30 DAN H	9-9:30 LEROY
6-6:30 PM DAN		7-7:30 BETH			

****PLEASE CONTACT DAN SALERNO (508) 653-4633 X353
FOR MORE INFO, TO SIGN UP OR TO REQUEST OTHER CLASS TIMES****

PRICES

4 SESSSION \$80 (\$20 each)

8 SESSIONS \$144 (\$18 each)

12 SESSIONS \$180 (\$15 each)

**ADVANCED SIGN UP IS REQUIRED
CALL TO RESERVE YOUR DAY AND
TIME SLOT**

MAXIMUM OF 5 PARTICIPANTS