

# THE CHATHAM CLUB

## KINESIS AND POWER PLATE STUDIO

### SMALL-GROUP TRAINING SCHEDULE

September 6- October 3, 2010

Time	Monday	Instructor	Time	Friday	Instructor
9:00-9:45am	K-Freestyle	Ivona	7:00-7:30am	PP-Body Conditioning II	Ivona
9:45-10:15am	PP-Intro-Stretch/Balance**	Ivona	9:00-9:30am	K- Experience**	Ivona
<b>*September 6- LABOR DAY*</b> <b>NO CLASSES</b>			9:30-10:00am	PP- Power & Strength I	Ivona
Time	Tuesday	Instructor	Time	Saturday	Instructor
7:00-7:30am	K- Experience**	Ivona	8:30-9:00am	K- Experience**	Rotating
7:30-8:00am	PP- Intro-Stretch/Balance**	Ivona	9:00-9:30am	PP-Intro- Strength**	Rotating
9:30-10:00am	PP-Core Conditioning II	Ivona	9:30-10:00am	K- Experience**	Rotating
10:00-10:45am	K/PP Combo	Amanda	<b>10:00-10:30am</b>	<b>PP-Intro-Stretch/Balance*</b>	<b>Rotating</b>
5:30-6:00pm	PP-Intro- Strength**	Amanda/Nikki			
6:00-6:30pm	K- Experience**	Amanda/Nikki			
Time	Wednesday	Instructor	Time	Sunday	Instructor
7:00-7:30am	PP-Core Conditioning	Ivona	<b>NO SMALL-GROUP TRAINING ON SUNDAY</b>		
8:30-9:00am	K-Experience**	Ivona	<p><b><u>K= Kinesis</u></b>                      - Kinesis is a training modality designed to focus on the elements of balance, flexibility and stability. This type of training allows you to utilize the elements above together to optimize your physical strength and endurance.</p> <p><b><u>PP= Power Plate</u></b>                      - Power Plate (Whole Body Vibration training) is a technique that uses vibrations to offer a host of benefits including improved blood circulation, increased muscle strength and flexibility, improved range of motion, increased bone density, decreased cellulite, reduced pain and soreness and faster recovery.</p>		
9:00-9:30am	K/PP Combo	Ivona			
9:30-10:00am	PP-Body Cond. I	Amanda			
Time	Thursday	Instructor			
9:00-9:30am	K-Experience**	Nikki			
9:30-10:00am	PP-Body Cond.	Amanda			

\*\*denotes complimentary introductory level classes  
 (Sign-up is required for all classes)