



KINESIS™
The Original Movement

"Kinesis utilizes your mind and body working together to make you feel that you've accomplished an all around workout. You leave class feeling great!"

- Gail Torrence, Valhalla Member



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**Private and Group Sessions Available
please call 610-779-6006**

GIFT CERTIFICATES AVAILABLE

Kinesis

move your body
and mind



WHAT IS KINESIS?

It's a new method of training that takes place in an elegant and soothing space, devised to make you want to move more regularly and more assiduously, for an improved quality of life.

Your movements will feel free and natural thanks to a technology which enables resistance to gravity in a tridimensional space.

You will recover awareness of your movements; you will acquire a correct posture and you will achieve the full harmony of a body and mind.

WHAT RESULT CAN YOU ATTAIN BY USING KINESIS?

You will be stronger and more toned. You will improve body stability, flexibility, and you will increase dexterity.

A dedicated personal trainer will lead you towards this new experience and will help you rediscover the natural movements of your body thanks to a training program especially for you.

KINESIS IS FOR YOU

It's a new space, a soothing and natural environment, detached from daily chaos, where you will be able to recharge yourself in maximum comfort.

With Kinesis you will experiment a new training method, based on elegant and diversified movements and you will have the choice of more than 250 different exercises.



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Move your body and mind with Kinesis™