

# kinetika journey

Join kinetika and we will arrange 5 one to one sessions with an instructor.

During these sessions we will:

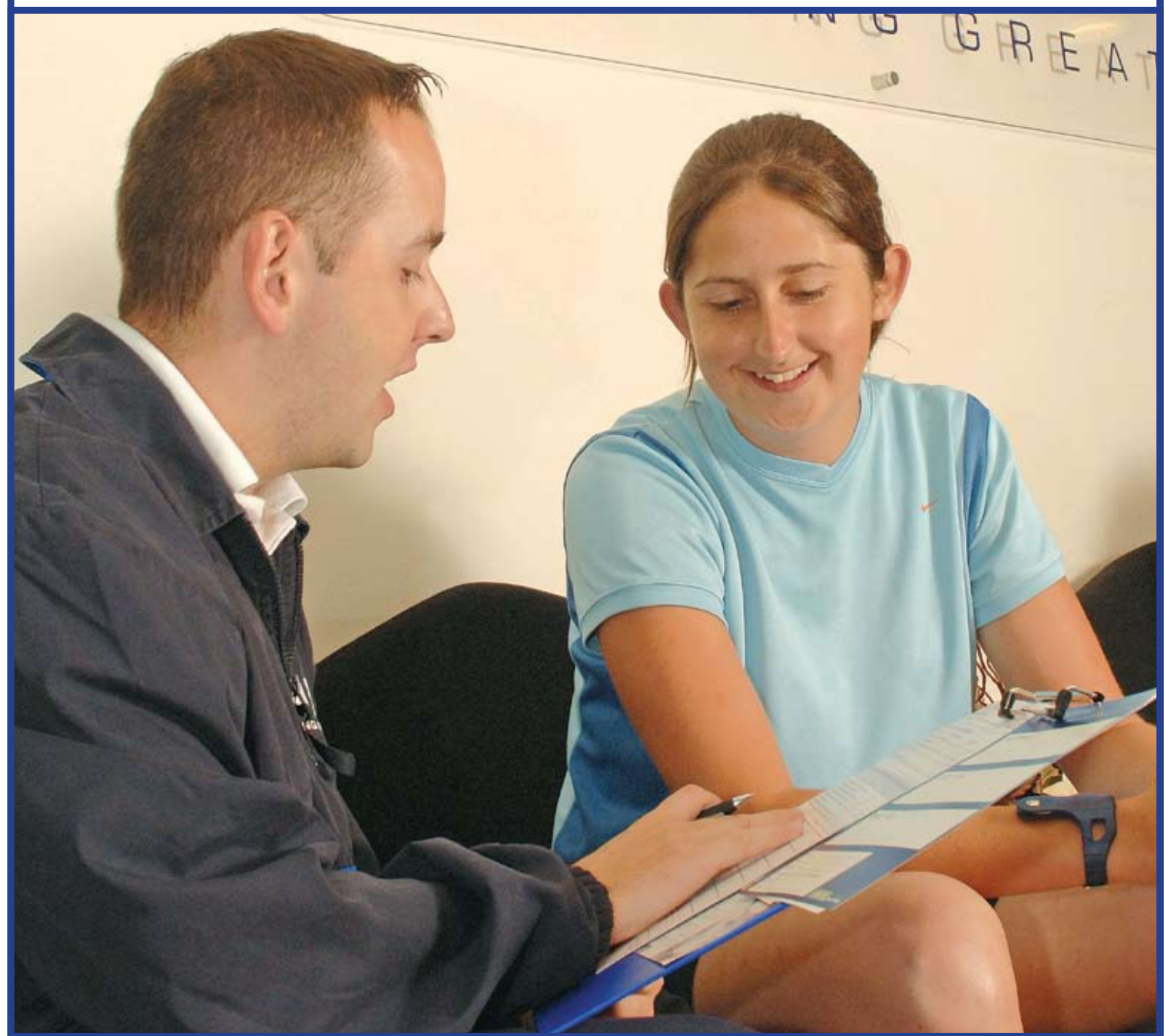
- Assess your exercise goals
- Discuss your personal programme
- Ensure you have a thorough understanding of what you're doing and why

## 5 Steps to a new you!

### APPOINTMENT 1

#### Getting started

We'll identify your exercise goals and objectives and get you started



### APPOINTMENT 2

#### Personal Programme

We'll set your programme and take you through it



### APPOINTMENT 3

#### Motivation Session 1

We'll check your progress and refine your programme



### APPOINTMENT 4

#### Motivation Session 2

We'll ensure that you are getting the most from your programme



### APPOINTMENT 5

#### Review

We'll measure your progress and plan your exercise future



**Results  
Guaranteed  
or your  
money back\***

\*Terms and conditions apply

Whether you are new to exercise or a regular exerciser the kinetika journey will get you results....**guaranteed!**



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