

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!**



DC LEISURE
Fitness Industry Association
Operator of the Year 2008 & 2009

Wiltshire Council
Where everybody matters