

# *Kinetic edge*

## **Kinetic Edge / RAD Boot Camp**

### **CLASS SCHEDULE**

**Current as of June 1, 2009**

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30-6:15 AM	INFERNO	SURVIVOR	INFERNO	SURVIVOR	BURNOUT		
8:00-8:45 AM						SURVIVOR	
9:00-9:45 AM						GAUNTLET	
11:00-11:45 AM	DIVA	DIVA	DIVA	DIVA	DIVA		
4:45-5:30 PM	EDGE #2	EDGE #2		EDGE #2			
6:00-6:45 PM	GAUNTLET	INFERNO	GAUNTLET	INFERNO			

## **Class Descriptions**

**GAUNTLET:** 60-minute KETTLEBELL intro and technique instruction. ALL ages and fitness levels ENCOURAGED TO ATTEND. Enlist to be a better man or lady. Absorb 8 FUNdamental kettlebell drills. Gateway to ALL Kettlebell classes. Wear workout apparel. \*All levels welcome. NEW VICTIMS ENCOURAGED!

**\*\*\*Instructor: Brad**

**INFERNO:** Rock-star conditioning! 45-minute heart-pumping circuit-fusion of kettlebells/bodyweight drills. Vaporize that paunch, eliminate wings, destroy muffin tops, annihilate cottage cheese, terminate gobblers, abolish saddlebags, and disintegrate calories. This ain't no sissy aerobics! **\*\*MANDATORY Prerequisite: The Gauntlet**

**\*\*\*Instructor: Brad**

**SURVIVOR:** Test your mettle! This is what your friends and neighbors are talking about. 45-minute partner/team-friendly relay-bouts using kettlebell/bodyweight hybrids. Some call it brutal. Some call it savage. We call it FUN. Welcome to the beatdown! **\*\*MANDATORY Prerequisite: The Gauntlet**

**\*\*\*Instructor: Brad**

**BURNOUT:** Will you take the heat? Get out of the kitchen and come feel the burn! 45-minute body re-composition of your ass, abs, arms and pretty much every other muscle in your body you didn't know existed. **\*\*MANDATORY Prerequisite: The Gauntlet**

**\*\*\*Instructor: Dena**

**DIVA:** Women only. 45-minute assault on your problem areas. Body-blasting sessions designed specifically with the female body in mind. How soon do you want to buy a new favorite pair of skinny jeans? **\*\*MANDATORY Prerequisite: The Gauntlet**

**\*\*\*Instructor: Brad**

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(Kinetic Edge Classes Continued...)

**EDGE #1:** 45-minutes. Athletes ages 14-18. Male and female. All sports. Learn foundational athletic skills for speed, agility, quickness, strength and conditioning. Emphasis on cutting-edge footwork, body awareness and injury prevention drills. Guaranteed to make you a better at any sport you play.

**\*\*\*Instructor: Brad**

**EDGE #2:** 45-minutes. Athletes ages 9-13. Male and female. All sports. Learn foundational athletic skills for speed, agility, quickness, strength and conditioning. Emphasis on cutting-edge footwork, body awareness and injury prevention drills. Guaranteed to make you a better at any sport you play.

**\*\*\*Instructor: Brad**

## **Class Fees**

### **Individual Pass**

12-Month UNLIMITED classes	\$1540	
6-Month UNLIMITED classes	\$870	
3-Month UNLIMITED classes	\$485	
10-class PUNCH CARD	\$250	(3-month expiration)
Drop-in	\$30	

### **Couples Pass**

12-Month UNLIMITED classes	\$2410
6-Month UNLIMITED classes	\$1305
3-Month UNLIMITED classes	\$725

### **EDGE (Athletes)**

12 sessions	\$300
+sibling	\$125

## **\*\* Referral Rewards \*\***

Kinetic Edge / RAD Boot Camp is a REFERRAL-BASED business.

When we help you get RESULTS we appreciate you spreading the kind word to your friends, family and acquaintances. Referrals are the lifeblood of our business. For every new person you refer who signs up, you will receive \$50 cash or credit—your choice!

[info@keperformance.com](mailto:info@keperformance.com)

651-330-9319

***www.kegym.com***