

Kneaded Relief Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am		Upper Body Blast 7:00am - 7:30am				
8:00am						
9:00am		Core Fuel 9:00am - 10:00am		Upper Body Blast 9:00am - 9:30am	Core Fuel 9:00am - 10:00am	
10:00am						
11:00am						
12:00pm			Booty Camp 12:00pm - 12:30pm	Get Lean 12:00pm - 1:00pm	Booty Camp 12:00pm - 12:30pm	
1:00pm						
2:00pm						*Tai Chi for Beginners 2:00pm - 3:00pm
3:00pm						*Tai Chi for Beginners 3:30pm - 4:30pm
4:00pm						
5:00pm	Rhythmic Fitness 5:30pm - 6:30pm		Get Lean 5:30pm - 6:30pm	*Tai Chi for Beginners 5:30pm - 6:30pm		
6:00pm						
7:00pm				*Tai Chi for Beginners 7:00pm - 8:00pm		

Rhythmic Fitness: Monday 5:30pm 1-hour

A high energy dance cardio class! Learn hip hop and latin dance moves and basic choreography while getting a dynamic fitness session. No dance experience required.

Core Fuel: Tuesdays 11:00am & Fridays 9:00am 1-hour

This total core workout targets all the muscles of the torso including the abs, back and pelvis. If you want to see those 3-D Abs and slim your entire midsection this is the class for you.

Get Lean: Wednesday 5:30pm & Thursday 12:00pm 1-hour

A total body workout designed to increase lean muscle and metabolism. This workout will incorporate a variety of equipment and exercises so there will be no boredom here. Tone, strengthen and trim your entire body!

Booty Camp: Wednesday 12:00pm & Friday 12:00pm 30-minutes

A 30 minute rear-view rescue!
Sculpt, tone and shrink your backside in just 30 minutes.

Upper Body Blast: Tuesday 9:00am & Thursday 9:00am 30-minutes

An intense 30 minute upper body strength & toning class.

Tai Chi for Beginners: Thursday 5:30pm & 7:00pm & Saturday 2:00pm & 3:30pm 1-hour

Tai Chi in 37 postures is a simplified Yang form of Tai Chi that is often referred to as “moving meditation”. Tai Chi relieves the physical effects of stress on the body and mind while the focus and calmness cultivated by the meditative aspect of tai chi is seen as necessary in maintaining optimum health. This class improves overall health, meditation capability, and provides a good low impact workout.

~ All classes can be modified for all fitness levels. Please bring your own mat.
 ~ Rhythmic Fitness, Core Fuel, Get Lean and all Tai Chi Classes are \$12.00 per class
 ~ Booty Camp and Upper Body Blast are \$8.00 per class
 ~ If class times do not work in your schedule, you can schedule a class on any open time with Kisha and still pay just \$12.00/\$8.00 per person per class if you have 3 participants
 Call 608-255-0070 to sign-up for a class or to get more details.