



Kinesis - Small Group Training

Take your training to the next level with a semi-private experience. Kinesis is a 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 body and mind.

Choose from any of our 30-minute classes listed on our Small Group schedule, including:

- Monthly Unlimited..... \$50
- Add' Family Members Monthly \$20/ea
- 10 Sessions..... \$35



Training A La Carte

Individual Training

1 Session.....	\$35
3 Sessions.....	\$105
6 Sessions.....	\$210
10 Sessions (1 free)	\$350

Couples Training

3 Sessions.....	\$160
6 Sessions.....	\$318
10 Sessions (1 free)	\$530



Fitness Analysis

Our trainers will take your weight, body fat, and body measurements to help you set your personal goals.

Cost..... \$20

Nutrition Seminars

Our nutrition advisors want to work with schools, churches, health-related organizations and families to present customized seminars to promote life-long health.

Cost.....\$250

*SmartKeys also available.
Ask at the front counter.*



Personal Training

For those serious about making permanent changes, one-on-one personal training provides the best way to maximize your workout and have a personalized workout made just for you. Our trainers will help you:

- Feel good and get results
- Reach your fitness and lifestyle goals
- Reach your peak performance
- Motivate and Inspire you to stay on track
- Provide safe and effective exercise
- Change your life

Nutrition Basics

1 Session - 1 Hour

Individual..... \$40

Includes: Body Fat Stats-BMI; Basic Nutrition Education; Individual Meal Plan



EXPERIENCE RESULTS

“After joining the High Blue Wellness Center, I couldn’t stick to any exercise long enough to see results. After hiring a trainer, my fitness goals began to be realized. With life, sometimes you have setbacks, but with a trainer that keeps you motivated, you get back on track in no time. Hiring a trainer has been the best investment in me that I could have ever made. I will continue a life of fitness and health at High Blue.”

EXPERIENCE A HEALTHIER YOU



PERSONAL TRAINING



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