



# KINESIS™

## Moving Body and Mind



Leonardo Da Vinci was the first to illustrate the dynamics of the human body: man as machine.

Now Technogym, the Wellness Company, liberates the human body from the exercise machine with Kinesis – a human centric, resistance based training system, just introduced to the US in March.

**Kinesis is now being launched at the NCH Dr John N Briggs Wellness Center, located at 399 9<sup>th</sup> Street South. The Center is home to a 40,000 sq ft facility housing the finest in fitness equipment. The NCH Wellness Center has over 80 pieces of cardio equipment, a full line of Techno Gym equipment, full line of free weights, men's and women's locker rooms both with sauna and whirlpool, and a 25 meter 4 lane junior Olympic swimming pool.**

Kinesis is a new training system. It is four panels of grips, cables and weight stacks patented by Techno Gym as "Full Gravity Technology," which allows for 360-degree, three-dimensional resistance based multi-plane motion. Kinesis is designed to accommodate multi-plane motion patterns without compromising the resistance load, thus providing unlimited training opportunities.

Kinesis introduces a new way of exercising by training movement, balance and flexibility within a movement progression system. It can enhance classic forms of exercise, such as Pilates, assist in sports specific training, as well as offer rehabilitation therapy.

"The design is brand new; the technology is behind sleek panels of wood, leaving the surface free of anything that might obstruct movement. Kinesis allows the user to create his or her own movement by design. Instead of the body following the machine, Kinesis follows the body," states Claudio Bellini, CEO of Technogym USA.

Kinesis classes begin March 5<sup>th</sup>. Space is limited per class, please contact 436-6770, to reserve your spot today.