



# Alice

## Kinesis Instructor

### **Q. What does Kinesis mean to you?**

A. Range of Motion and Diversity in movement. The range of motion and diversity of movements in Kinesis training is liberating to me, creating a bigger and more fluid exercise. I am not limited with a dumbbell or barbell. The use of the Kinesis Wall utilizes all planes of the body creating a fuller and bigger range of movement that challenges me mentally as well as physically.

### **Q. Why did you decide to become a Kinesis instructor?**

A. Kinesis is a challenge as an instructor used to one dimensional training. The prospect of learning and using new techniques is a thrill and helps to maintain creativity.

### **Q. What do you hope clients gain from attending your Kinesis classes?**

A. I have hopes that clients walk away from my Kinesis class gratified with themselves, fatigued, and able to take away a bit of fun from the experience.

### **Q. Why are your Kinesis classes fun?**

A. I believe in laughter and hopefully extend that to others. Fitness should be fun, never dull and regimented. I love what I do and extend that joy to others.

### **Q. What is your favorite move on the Kinesis wall? Off the wall?**

A. Although I enjoy so many, I adore the Figure 8 Row on Delta. And off the wall? Who doesn't love Burpees?!

### **Q. How do you address Holistic health in your life?**

A. Focusing on my body and mind as one is vital for continued health and success. I treat both with great reverence at times coddling one to promote the other. I respect and appreciate every nuance of movement and thought and give equal consideration to both.

### **Q. What is the one thing you think every person can do to improve their health?**

A. Love yourself. If that dedication and care is given, all else will fall into place; fitness, nutrition, and overall balance.