



# *Eria*

## *Kinesis Instructor*

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

A. Constant opportunity to feel achievement and improvement. After every class I feel like I've done something productive, and since Kinesis is cumulative, I also feel like I've done something that will carry over and help me do more reps, or use heavier weights, or not fall over the next class. As opposed to cleaning my kitchen or finishing a project at work, both of which feel good, but don't build upon themselves and contribute to something bigger.

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

A. I really like designing class formats. A few fitness instructors are amongst the handful of people I consider to have changed the course of my life, and I'd like to be able to do that for someone else.

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

A. A true sense of accomplishment, as opposed to a mere check mark on their to-do list. The realization that getting better is gut-wrenching, but worth it.

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

A. I try to mix things up and keep a fast pace so that people don't have time to think about how tired they are, or talk

themselves out of maintaining/increasing their intensity. Honestly, sometimes the most fun part about my classes is that they seem to go by quickly--even though you don't feel like you could do another minute of work by the end, you're actually surprised to hear that you don't have to.

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

A. On the wall: Squat, Turn, & Churn because it works, both mentally and physically, just about everything you've got. Off the wall: Burpees and all of their tortuous permutations.

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

A. Work out hard; put a lot of green things in my smoothies; listen to "Me and Julio Down by the Schoolyard"; and drive as little as possible.

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

A. Get more sleep.