



Miran

Kinesis Instructor

Q. What does Kinesis mean to you?

A. Kinesis to me means free motion that will help increase your core, balance, and all over body strength with all different planes. You are in charge of the workout intensity, whether if you want a hard workout or just an easy one.

Q. Why did you decide to become a Kinesis Instructor?

A. I wanted to become a Kinesis instructor because the Kinesis machines intrigued me so much. You can strengthen your core and balance in all planes. These two key areas help improve all other aspects of your body and it's strength.

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

A. I hope that they gain a new found way of motivation with the Kinesis machine since it is a different way to workout! I hope that they have fun and enjoy working out and know that it doesn't matter which fitness level they are at. Kinesis is for everyone.

Q. Why are your Kinesis classes fun?

A. My Kinesis classes are fun because I will make you laugh and help create positive energy to motivate each other to workout and to help achieve your goals!

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

A. My favorite move on the Kinesis wall is the chest press with a lunge on Alpha, and my favorite off wall exercise is the blooming flower on the bosu ball.

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

A. I address holistic health by enjoying the outdoors and being in nature by going on hikes and runs.

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

A. The one thing that every person can do to improve their health is to have a healthy relationship with people around them.