



Chona

Kinesis Instructor

Q. What does Kinesis mean to you?

A. Kinesis to me means balance, focus and an all around whole body exercise!

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

A. When I took my first kinesis class I was blown away by the experience. I knew when I got certified as a personal trainer I wanted to teach kinesis. It is by far the most efficient, joint friendly machine in comparison to other equipments out there. The class designs are well thought out and covers all planes of the body. Also, kinesis caters to everyone's skill level. The clients are in charge of how intense they want their workout to be. And it's just plain fun and that's what's important to me.

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

A. I hope they gain a sense of accomplishment and a sense of pride like "wow, I just kicked some serious butt!"

Q. Why are your Kinesis classes fun?

A. I'm a bit of a goof ball and I add a little flavor to my classes by dancing a little to the music. I keep it pretty light by joking around all at the same time keeping everyone engaged and motivated. Once the music and timer starts, it's on!

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

A. On the wall, the push up row on beta. It works your pecs, shoulders, core, triceps and also gets your heart rate up. Off the wall, I love me some plyos! I love working my legs.

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

A. Staying in the moment & to keep on moving forward. Whether it's exercise, being outside to go for a run or taking a stroll with my little terrier at the park and just enjoying my surroundings. Meditation/breathing. I love a few minutes of just silence and feeling your breath go in and out of your body. Its total relaxation and a great reboot!

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

A. Exercise whenever possible and slow down a little and take time to enjoy life.