



WELCOME TO OUR

# January Newsletter

## A Studio Update



PHOTO FROM OUR SANTA'S HOLIDAY HIIT

## CLASSES

- **GLUTES & GAINS (\$20)** Every Sat 11-12am
- **STRETCH & RELAXATION (\$20)** Every Thu 6-7pm
- **CARDIO CLUB (FREE)** Walking every Wed 5-6pm
- **NEW YEAR: STRONGER YOU (\$20)** Mon & Wed 6-6:30am
- **SWEAT & SCULPT (\$20)** Every other Sun 4-5pm

## UPCOMING EVENTS

### NEW YEAR: STRONGER YOU | 6-WEEK FITNESS CLASS (JAN 6-FEB 12)

**\$20 or \$200 class pass for the full program**

This 30-minute class is aimed at full-body strength and conditioning with a supportive and motivating atmosphere and includes a take-home stretching and mobility routine.

### 75 HARD CHALLENGE

Compete with your fitness family (for fun) to see who can make it to the end of this gruesome challenge. A poster will be kept in Kinex to keep track of everyone's progress. This challenge can start on whatever day you want it to!

#75HARD #LiveHARD

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| 8  | 9  | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | 32 | 33 | 34 | 35 |
| 36 | 37 | 38 | 39 | 40 | 41 | 42 |
| 43 | 44 | 45 | 46 | 47 | 48 | 49 |
| 50 | 51 | 52 | 53 | 54 | 55 | 56 |
| 57 | 58 | 59 | 60 | 61 | 62 | 63 |
| 64 | 65 | 66 | 67 | 68 | 69 | 70 |
| 71 | 72 | 73 | 74 | 75 |    |    |

**Daily Rules**

Follow a diet

(2) 45 Min workouts

No alcohol or cheat meals

Take a progress picture

1 gallon of water

10 Pages of reading

**READ THE FINE PRINT!**  
 • You have until you go to sleep to complete the day  
 • 1 of your workouts MUST be outdoors  
 • Audio books DO NOT count  
 • Start on day 1 if you fail

## NEW SWEAT & SCULPT CLASS (\$20 OR CLASS PASS)

This 60-minute class focuses on engaging your core and learning how to strengthen those deep inner core muscles. It will take place every other Sunday, starting Jan 5th from 4-5pm!

## PROMOTIONALS

- **CLASS PASS (\$90 / 5 CLASSES)**
- **GIFT CARDS (MINIMUM OF \$80)**
- **SOCIAL MEDIA POST (Win a free session):** Post a picture/video of your fitness journey and progress while working out at Kinex, and you will receive a free personal training session or a free group class. Be sure to tag us, so we see it!
- **NEW MEMBER DISCOUNT (10% off first package)**
- **TRAINING & NUTRITION COMBO (\$375):** 4 weeks of personal training + personalized nutrition help to combat the holiday weight-gain.

## LOOK AHEAD

### INDIANA MAMMOTH MARCH 20-MILE HIKE

These tickets sell out fast, so get it while you can! Weekly progression hikes will take place every Sunday starting Feb 2nd. These fall under Cardio Club and are FREE! Text Lexi (331-702-1062) if you're interested.

### COUCH TO 5K PROGRAM (JOG OR WALK PLAN)

Look out for more information. Practices will be held 2-3x/week, and each member will have a customized training plan between 8-12 weeks. At the end of the training cycle, we will all complete a 5k together! Text Lexi (331-702-1062) if you're interested!

## CUSTOMER SHOUTOUT

Jessica Acosta is a PhD condidate in the Nutritional Sciences program at the University of Illinois. Last month, she won the *2025 Frank W. Kari Memorial Award* from the Division of Nutritional Sciences at UIUC, which will allow her to attend TWO scientific conferences in 2025!

## LEAVE A REVIEW & FOLLOW US @kinexfitness

Leave a review on Google, Apple Maps, or on our Facebook page to show the community the kind of gym Kinex is and help future clients make the decision to train here!



ALL YOUR EVENTS IN ONE PLACE

# January Calendar

## WEEK 1 (DEC 29-JAN 4)

- **WED, JAN 1:** Cardio Club Walk 5-6pm
- **THU, JAN 2:** Stretch & Relaxation 6-7pm
- **SAT, JAN 4:** Glutes & Gains 11-12am

## WEEK 2 (JAN 5-11)

- **SUN, JAN 5:** Sweat & Sculpt 4-5pm
- **MON, JAN 6:** New Year: Stronger You 6-6:30am
- **WED, JAN 8:** New Year: Stronger You 6-6:30am
- **WED, JAN 8:** Cardio Club Walk **CANCELLED**
- **THU, JAN 9:** Stretch & Relaxation 6-7pm
- **SAT, JAN 11:** Glutes & Gains 11-12am

## WEEK 3 (JAN 12-18)

- **MON, JAN 13:** New Year: Stronger You 6-6:30am
- **WED, JAN 15:** New Year: Stronger You 6-6:30am
- **WED, JAN 15:** Cardio Club Walk 5-6pm
- **THU, JAN 16:** Stretch & Relaxation 6-7pm
- **SAT, JAN 18:** Glutes & Gains 11-12am

## WEEK 4 (JAN 19-25)

- **SUN, JAN 19:** Sweat & Sculpt 4-5pm
- **MON, JAN 20:** New Year: Stronger You 6-6:30am
- **WED, JAN 22:** New Year: Stronger You 6-6:30am
- **WED, JAN 22:** Cardio Club Walk 5-6pm
- **THU, JAN 23:** Stretch & Relaxation 6-7pm
- **SAT, JAN 25:** Glutes & Gains 11-12am

## WEEK 5 (JAN 26-FEB 1)

- **MON, JAN 27:** New Year: Stronger You 6-6:30am
- **WED, JAN 29:** New Year: Stronger You 6-6:30am
- **WED, JAN 29:** Cardio Club Walk 5-5:45pm
- **THU, JAN 30:** Stretch & Relaxation 6-7pm
- **SAT, FEB 1:** Glutes & Gains 11-12am

## TO DO:

- Sign up for the **New Year: Stronger You** program that starts Jan 6th!
  - Message Tori (815-383-9369) to sign up!
- Sign up this month for the 20-Mile Indiana **Mammoth March** before it sells out!
- Text Lexi (331-702-1062) if you are interested in the Progression Hikes Starting Feb 2nd. You do not have to be doing the Mammoth March to participate! :)
- Challenge yourself with 75 HARD.
- Sign up for the **Couch to 5k** program starting March 3rd.
  - Text Lexi (331-702-1062) to sign up!
  - Meeting with participants Feb 17th (can be in person or virtual) to go finish planning and confirm all details!
- Tell your trainer about something great that happened to you this month to be featured in the Customer Shoutout!
- Progress post on social media
- Leave us a review :)