



#KINETICATHOME EXERCISE RESOURCES

1

#KINETICATHOME MINI WORKOUTS

Everyday we are posting themed mini workouts on our Facebook and Instagram that are free to everyone and require little to no equipment. Find us [@KineticThreeOaks!](#)

2

STREAM OUR VIRTUAL CLASSES

Our instructors and trainers create 30-45 minute virtual classes for you to stream anytime for \$10/week. All proceeds go to our employee fund. Visit go.gymgo.com/kinetic

3

LIFE FITNESS DIGITAL COACH

Our equipment manufacturer, Life Fitness, is offering their Digital Coach program free. Each day LF trainers add 3 new workouts to stream. Visit <http://go.lifefitness.com/wod>

4

TRX FULL BODY WORKOUTS

Go to TRXstart.com to create a profile. Use our TRX code **YUPVKVHVRW** for 3 months free access to a virtual library of full body TRX workouts on the TRX app!



FOR MORE INFORMATION + UPDATES PLEASE VISIT
WWW.KINETICTHREEOAKS.COM