

Monday

5:30a-Bodypump/Lauren

9:00a-Zumba/Kristen

10:00a-Bodyflow/Debbie

4:30p-Bodystep/Ivy

5:30p-ExtremeCycle/Helen

5:30p-Bodypump/Beth

6:30p-Spartacus/Gina

7:30p-Yoga/Gina

Tuesday

5:30a-Cycle/Ivy

8:30a-Zumba/KJ

9:30a-Bodypump/Lorie

9:30a-Cycle+Abs/Helen

10:30a-Step Express/Ivy

4:30p-Bodypump/Maria

5:30p-Bodypump/Colby/Lauren

6:00p-Cycle/Kristi

6:30p-Zumba/Nicci

7:30p-Bodyflow/Audra



JUNE

KINETIX GROUP FITNESS SCHEDULE

Wednesday

5:30a-Bodypump/Lauren

9:00a-Zumba/Kristen

9:30a-Cycle/Ivy

4:30p-Bodyjam/Bootsy

5:30p-Bodyflow/Audra

5:30p-Cycle/Helen

6:30p-Spartacus/Gina

7:30p-Bodyjam/Bootsy

Thursday

8:30a-Zumba/KJ

9:30a-Bodypump/Ivy

9:30a-Cycle+Abs/Helen

10:30a-Bodyflow Express/Ivy

4:30p-Bodypump/Kim

5:30p-Bodypump/Maria

6:00p-Cycle/Kristi

6:30p-Zumba/Gwen



Friday

5:30a-Bodypump/Ivy

9:30a-Bodyjam/Bootsy

5:30p-Zumba/JJ/KJ

Saturday

9:30a-Bodypump/Ivy

9:30a-ExtremeCycle/Helen

10:30a-Bodyjam/Bootsy

Fitness Tip:

Fuel your workout by eating something that is easily digested like low-fat yogurt, a banana, or a piece of whole grain toast.



CLASS DESCRIPTIONS

BODY JAM: ONE HOUR CARDIO WORKOUT WHERE YOU ARE FREE TO ENJOY DANCE. AN ADDICTIVE FUSION OF THE LATEST DANCE MOVES AND HOTTEST NEW SOUNDS.

BODY PUMP: THE ORIGINAL BARBELL CLASS THAT STRENGTHENS YOUR ENTIRE BODY. IT'S A 60 MINUTE WORKOUT THAT CHALLENGES ALL OF YOUR MAJOR MUSCLE GROUPS.

BODY STEP: AN ENERGIZING STEP WORKOUT THAT MAKES YOU FEEL LIBERATED AND ALIVE BY USING A HEIGHT ADJUSTMENT STEP. GREAT CARDIO WORKOUT THAT SHAPES AND TONES YOUR ENTIRE BODY.

BODY FLOW: THE YOGA, TAI CHI, AND PILATES WORKOUT THAT BUILDS FLEXIBILITY AND STRENGTH AND LEAVES YOU FEELING CENTERED AND CALM.

CYCLE: INDOOR CYCLE WORKOUT WHERE YOU RIDE TO THE RHYTHM OF POWERFUL MUSIC.

PILATES: 60 MINUTE BODY CONDITIONING WORKOUT THAT HELPS BUILD FLEXIBILITY, MUSCLE STRENGTH, AND ENDURANCE.

SPARTACUS: THIS CLASS INCORPORATES 10 EXERCISES FOR 60 SECONDS EACH, WHICH WORKS EVERY PART OF YOUR BODY. THE 10 EXERCISES ARE THEN REPEATED 2 MORE TIMES TO CHALLENGE YOUR HEART & LUNGS AS WELL AS YOUR MUSCLES.

YOGA: A FORM OF EXERCISE THAT USES SLOW MOVEMENTS AND STRETCHING. GREAT FOR RELIEVING STRESS AND RELAXING.

ZUMBA: A LATIN DANCE CLASS THAT COMBINES INTERVALS OF RESISTANCE TRAINING FOR A FULL BODY WORKOUT.

Membership Fees

\$49.00 – Joining fee, one time, can be roll into monthly payment

\$24.99 mo. – Membership for one person

\$44.99 mo. – for Member and Spouse

\$59.99 mo. – Family Membership

- Children 14-17 years of age must be accompanied by an adult.

\$299.88 – One year paid in full. No joining fee.

MEMBERSHIP INCLUDES

24 HOUR ACCESS

TWO LOCATIONS

State of the art Cardio equipment: NO WAITING OR TIME LIMITS...28 Treadmills, 24 Ellipticals, 5 Climbers/Stair Steppers, 12 Bicycles...all with TVs built in. Rowing machine. Weight machines that automatically count reps, time taken for set and rest between sets. Free weights: bench, squat, dead lift, dumbbells, kettle bells, medicine balls, etc...

Locker Rooms, lockers and showers.

Fort Ave Location only...

ACCESS TO GROUP FITNESS CLASSES.

FREE TANNING.

FREE CHILDCARE while you work out.

Training Fees

*** Offered to Members at additional cost ***

\$25.00 session – with Professional Trainer.

Discuss your goals, limitations. Make a plan.

Meet with Trainer 1x, 2x or 3x times a week.

Boot Camps – Workout like the contestants on “The Biggest Loser”. Meet twice a week with Trainer, 45 min. to an hour. Get ready to get busy!! Meet Trainer for pricing.

LOCALLY OWNED AND FAMILY RUN

1 CORINTHIANS 6:19-20

6015 Fort Ave. Suite 24

Lynchburg, VA 24502

434-239-0015

Cavalier Shopping Ctr.

Forest, VA 24551

434-525-0015



GROUP FITNESS SCHEDULE JUNE



www.kinetixlynchburg.com

HOURS OF OPERATION
MONDAY – FRIDAY 8AM-8PM
SATURDAY 8AM-6PM

NOW 24 HOUR ACCESS

KIDS FUN CENTER HOURS
MONDAY-FRIDAY
8AM TO 12 PM &
M,TH 4-8PM TU,WED 4-8:30PM
FRI 4-7PM SAT 8AM-12PM