

## 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-Bodystep Express/Ivy**

**4:30p-Bodypump/Maria**

**5:30p-Bodypump/Lauren**

**6:00p-Cycle/Kristi**

**6:30p-Zumba/Nicci/JJ**

**7:30p-Bodyflow/Audra**

## **JULY**

**KINETIX GROUP FITNESS  
SCHEDULE**

## Wednesday

**5:30a-Bodypump/Lauren**

**8:00a Low Impact/Lorie**

**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**

**No regular classes  
or childcare  
on July 4th**



## 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 JULY



[www.kinetixlynchburg.com](http://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