

## Monday

5:30a-Bodypump/Lauren

9:00a-Zumba/KJ

10:00a-Bodyflow/Debbie

4:30p-Bodystep/Ivy

5:30p-ExtremeCycle/Helen

5:30p-Bodypump/Beth

6:30p-Cardio Kick&Abs/Lisa

7:30p-Bodyflow/Audra

## Tuesday

5:30a-Cycle/Ivy

8:30a-Zumba/Kristen

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/JJ

7:45p-Jump Rope

Conditioning/Bootsy

No regular classes  
on Labor Day,  
Monday,  
September 2<sup>nd</sup>

## SEPTEMBER KINETIX GROUP FITNESS SCHEDULE

## Wednesday

5:30a-Bodypump/Lauren

9:00a-Zumba/KJ

9:30a-Cycle/Ivy

10:00a-SilverSneakers®

Classic/Lorie

4:30p-Bodyjam/Bootsy

5:30p-Bodyflow/Audra

5:30p-Cycle/Helen

6:30p-Cardio Kick&Abs/Lisa

7:30p-Bodyjam/Bootsy

Children's Miracle  
Network Fundraiser...

Take the  
Challenge

Saturday,  
September 21  
9am-1pm

## Thursday

8:30a-Zumba/Kristen

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

7:30p-Bodyflow/Audra

## Friday

5:30a-Bodypump/Ivy

9:30a-Bodyjam/Bootsy

10:30a-SilverSneakers®

Classic/Lorie

5:30p-Zumba/JJ

## Saturday

9:30a-Bodypump/Ivy

9:30a-ExtremeCycle/Helen

10:30a-Bodyjam/Bootsy

Join Helen for a  
special 90 minute  
Labor Day Spin,  
Monday Sept 2<sup>nd</sup> at  
9:00am

## 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 WORKOUT THAT MAKES YOU FEEL LIBERATED AND ALIVE BY USING A HEIGHT ADJUSTMENT STEP TO SHAPE AND TONE YOUR ENTIRE BODY.

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

**CARDIO KICK & ABS:** KICK CALORIES AND FIGHT FAT WITH THIS HIGH INTENSITY CARDIO WORKOUT. INCLUDES VARIOUS KICK/PUNCH PATTERNS AND FINISHES WITH AN INTENSE AB WORKOUT.

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

**JUMP ROPE CONDITIONING:** JUMP ROPE CLASS DESIGNED FOR ALL LEVELS TO BUILD ENDURANCE, TONE THE BODY AND TEACH COORDINATION WHILE CHALLENGING THE MIND.

**SILVERSNEAKERS® CLASSIC:** HAVE FUN AND MOVE TO THE MUSIC THROUGH A VARIETY OF EXERCISES DESIGNED TO INCREASE MUSCULAR STRENGTH, RANGE OF MOTION AND ACTIVITIES FOR DAILY LIVING. HAND-HELD WEIGHTS, ELASTIC TUBING WITH HANDLES AND A SILVERSNEAKERS BALL ARE OFFERED FOR RESISTANCE. A CHAIR IS AVAILABLE IF NEEDED FOR SEATED OR STANDING SUPPORT.

**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 SEPTEMBER



[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-SATURDAY  
8AM TO 12 PM &  
MON, WED, THUS 4-8:30PM  
TU 4-8PM  
FRI 4-7PM