

## 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-Spartacus/Ivy

7:30p-Bodyflow/Audra

## Tuesday

5:30a-Cycle/Ivy

9:30a-Bodypump/Lorie

9:30a-Cycle/Sterling

10:30a-Bodystep Express/Ivy

4:30p-Bodypump/Maria

5:30p-Zumba/KJ

6:00p-Cycle/Sterling

6:30p-Bodypump/Lauren

7:45p-Jump Rope

Conditioning/Bootsy

No group fitness  
classes or childcare

Memorial Day,

May 26th



## MAY KINETIX GROUP FITNESS SCHEDULE

## Wednesday

5:30a-Bodypump/Colby

9:00a-Zumba/KJ

9:30a-Cycle/Ivy

10:00a-SilverSneakers®

Classic/Lorie

4:30p-Bodyjam/Bootsy

5:30p-Bodypump/Maria

5:30p-Cycle/Sterling

6:30p-Bodyflow/Audra

7:30p-Bodyjam/Bootsy



## Thursday

9:30a-Bodypump/Lorie

9:30a-Cycle+Abs/Helen

10:30a-Bodyflow/Ivy

4:30p-Bodypump/Ivy

5:45p-Bodycombat/Misti

6:00p-Cycle/Sterling

6:30p-Zumba/JJ

7:30p-Bodyflow/Audra

## Friday

5:30a-Bodypump/Lauren

9:30a-Bodyjam/Bootsy

10:30a-SilverSneakers®

Classic/Lorie

5:30p-Dance Fitness/JJ

## Saturday

9:00a-Bodypump 101/Ivy

9:30a-Bodypump/Ivy

9:30a-ExtremeCycle/Helen

10:30a-Bodyjam/Bootsy

New class!

Bodypump 101...

Review form and

technique to

maximize results



## CLASS DESCRIPTIONS

**BODYCOMBAT:** A HIGH INTENSITY, MARTIAL ARTS INSPIRED CARDIO CLASS THAT TONES & SHAPES THE BODY, INCREASES STRENGTH AND ENDURANCE, AND BUILDS SELF CONFIDENCE.

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

**BODYPUMP:** THE ORIGINAL BARBELL CLASS THAT STRENGTHENS YOUR ENTIRE BODY. IT'S A ONE HOUR WORKOUT THAT CHALLENGES ALL OF YOUR MAJOR MUSCLE GROUPS.

**BODYPUMP 101:** 30 MINUTE CLASS DESIGNED FOR BEGINNERS AS WELL AS SEASONED BODYPUMPERS TO REVIEW FORM AND TECHNIQUE TO MAXIMIZE RESULTS.

**BODYSTEP:** AN ENERGIZING WORKOUT USING A HEIGHT ADJUSTMENT STEP TO SHAPE AND TONE YOUR ENTIRE BODY. (STEP PROVIDED)

**BODYFLOW:** A YOGA, TAI CHI, AND PILATES WORKOUT THAT BUILDS FLEXIBILITY AND STRENGTH. THIS CLASS LEAVES YOU FEELING CENTERED AND CALM.

**CYCLE:** AN INDOOR CYCLE WORKOUT WHERE YOU RIDE TO THE RHYTHM OF POWERFUL MUSIC. THIS CLASS IS DESIGNED FOR ALL LEVELS TO BUILD ENDURANCE AND TONE THE BODY.

**DANCE FITNESS:** COMBINES HIP HOP WITH AEROBIC DANCE FOR A HIGH ENERGY CARDIO CLASS DESIGNED TO BURN CALORIES AND STRENGTHEN KEY MUSCLE GROUPS.

**JUMP ROPE CONDITIONING:** A 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. CHAIRS ARE AVAILABLE IF NEEDED FOR SEATED OR STANDING SUPPORT.

**SPARTACUS:** THIS CLASS INCORPORATES A SERIES OF 10 EXERCISES, PERFORMED FOR 60 SECONDS EACH. THE 10 EXERCISES ARE THEN REPEATED 2 MORE TIMES TO CHALLENGE YOUR MUSCLES, HEART AND LUNGS.

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

## Membership Fees

**\$49.00** – One time enrollment joining fee  
**\$24.99** / mo. – Active adult (65 yrs & older)  
**\$29.99** / mo. – Membership for one person  
**\$49.99** / mo. – Member and Spouse  
**\$59.99** / mo. – Family Membership (up to 4 members. Children under 17 years of age must be accompanied by an adult.)  
**\$359.88** – One year paid in full. No joining fee.

## MEMBERSHIP

We have state of the art cardio equipment. Don't worry about waiting or time limits. We have over 75 cardio machines with TVs built in. Use our weight machines that automatically count reps and monitor your time. We also have commercial grade free weights and equipment such as bench presses, squat racks, dead lift racks, dumbbells, kettle bells, medicine balls, and more! Both facilities have locker rooms and showers.

### 24-HOUR ACCESS AT BOTH LOCATIONS

The Fort Avenue location also offers:

- Access to group fitness classes
- FREE tanning
- FREE childcare while you work out as scheduled

## Training Fees

\*\* Offered to members at an additional cost \*\*  
Pay \$25.00 for a one-on-one 30-minute session with a personal trainer. Special limited time offer – ten sessions for \$200.

**KxFit Class** – a popular strength and conditioning program using functional movement by incorporating bumper plates, kettle bells and plyoboxes. See Kinetix staff for more details.

**Boot Camps** – Meet twice a week with a trainer for 45 - 60 minutes. Get ready to get busy! Consult with a trainer for pricing.

1 CORINTHIANS 6:19-20

*<sup>19</sup> Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, <sup>20</sup> for you were bought with a price. So glorify God in your body.*



## GROUP FITNESS SCHEDULE May 2014



### LOCALLY OWNED AND FAMILY OPERATED

#### HOURS OF STAFFED OPERATION

MONDAY – FRIDAY 8AM-8PM  
SATURDAY 8AM-6PM

#### 24-HOUR ACCESS

#### DAYTIME CHILDCARE HOURS

MONDAY - SATURDAY  
8AM TO NOON

#### EVENING CHILDCARE HOURS

MON, WED, THU 4PM-8:30PM  
TUE 4PM-8PM and FRI 4PM-7PM

## Like us on Facebook!

### TWO LOCATIONS

**Fort Hill Village**  
6015 Fort Ave. Suite 24  
Lynchburg, VA 24502  
434-239-0015

**Cavalier Shopping Ctr.**  
1208 Perrowville Rd.  
Forest, VA 24551  
434-525-0015