

## Monday

**5:30a-Bodypump/Lauren**  
**9:00a-Core Conditioning/Ivy**  
**10:00a-PiYo/Brenda**  
**11:00a-SilverSneakers®**  
Classic/Lorie  
**4:30p-Bodystep/Lisa**  
**5:30p-Cycle/Ivy**  
**5:30p-Bodypump/Beth/Lisa**  
**7:30p-Yogaflow/Audra**

## Tuesday

**5:30a-Cycle/Ivy**  
**9:00a-Bodypump Technique/Ivy**  
**9:30a-Bodypump/Courtney**  
**9:30a-Cycle/Sarai**  
**10:30a-Bodystep Express/Ivy**  
**4:30p-Bodypump/Maria**  
**5:30p-Zumba/KJ**  
**6:00p-Cycle/Lauren**  
**6:30p-Bodypump/KJ**  
**7:45p-Bodyjam Express/Bootsy**



# **JULY**

## **KINETIX GROUP**

### **FITNESS SCHEDULE**

## Wednesday

**5:30a-Bodypump/Colby/Lauren**  
**9:00a-Bodystep/Lisa**  
**9:30a-Cycle/Ivy**  
**10:00a-SilverSneakers®**  
Classic/Lorie  
**4:30p-Bodyjam/Bootsy**  
**5:30p-Bodypump/Maria**  
**5:30p-Cycle/Jen**  
**6:30p-Bodyflow/Audra**  
**7:30p-Bodyjam/Bootsy**



## Thursday

**9:30a-Bodypump/Maria**  
**4:30p-Bodypump/Ivy**  
**5:30p-Spartacus/Sarai**  
**6:00p-RPM Cycle/Carol**  
**6:30p-Yogaflow (Beginner)/Audra**  
**7:15p-Yogaflow (Advanced)/Audra**

## Friday

**5:30a-Bodypump/Lauren**  
**9:30a-Bodyjam/Bootsy**  
**10:30a-SilverSneakers®**  
Classic/Lorie  
**5:30p-Zumba/Michelle**

## Saturday

**8:30a-Cycle/Alex**  
**9:00a-Bodypump Technique/Ivy**  
**9:30a-Bodypump/Ivy**  
**10:30a-Bodyjam/Bootsy**



## CLASS DESCRIPTIONS

**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 TECHNIQUE:** 30 MINUTE CLASS DESIGNED FOR BEGINNERS AS WELL AS SEASONED BODYPUMPERS TO PERFECT TECHNIQUE TO MAXIMIZE RESULTS.

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

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

**CORE CONDITIONING:** GET BIKINI READY WITH THIS 30-MINUTE CLASS OF HARDCORE ABDOMINAL WORK.

**PIYO:** COMBINES THE MUSCLE SCULPTING OF PILATES AND THE FLEXIBILITY OF YOGA WITH NONSTOP FLUID MOVEMENT TO BURN SERIOUS CALORIES.

**RPM/CYCLE:** AN INDOOR CYCLE WORKOUT WHERE YOU RIDE TO THE RHYTHM OF POWERFUL MUSIC. DISCOVER YOUR ATHLETE WITHIN AS YOU SWEAT THROUGH HILLS, FLATS, MOUNTAIN PEAKS, TIME TRIALS, AND INTERVAL TRAINING TO REACH YOUR ENDORPHIN HIGH.

**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

### Fort Hill and Forest Locations

**\$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 \*\*  
**\$359.88** – Single membership paid in full.  
 (No joining fee)

### Forest Only Location

**\$49.00** – One time enrollment joining fee  
**\$15.99 / mo.** – Active adult (65 yrs. & older)  
**\$19.99 / mo.** – Membership for one person  
**\$34.99 / mo.** – Member and Spouse  
**\$44.99 / mo.** – Family membership \*\*  
**\$239.88** – Single membership paid in full.  
 (No joining fee)

\*\* Family membership – up to 4 members.  
 Children under 17 years of age must be accompanied by an adult.

**\*NOW ACCEPTING SILVERSNEAKERS INSURANCE\***

## MEMBERSHIP ADVANTAGES

We have state of the art cardio equipment. No need to worry about waiting or time limits. We have over 75 cardio machines with built in TVs. 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

## Personal Training

Great Trainers!!! Great Rates!!! 30 min & 1 hour sessions available. Payment Arrangements Available.  
 Ask us for details

**Boot Camps** – Meet twice a week for 6 weeks with a trainer for 45 - 60 minutes. Get ready to get busy!



## GROUP FITNESS SCHEDULE July 2015



## LOCALLY OWNED AND FAMILY OPERATED

### HOURS OF STAFFED OPERATION

MONDAY – FRIDAY 5AM-10PM  
 SATURDAY 8AM-6PM  
 SUNDAY 1PM-6PM

### 24-HOUR ACCESS

### DAYTIME CHILDCARE HOURS

MONDAY - SATURDAY  
 8AM TO NOON

### EVENING CHILDCARE HOURS

MON - THUR 4PM-8:30PM  
 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