APRIL
KINETIX GROUP FITNESS SCHEDULE

Monday
5:30a-Bodypump/Lauren
9:00a-Awesome Abs/Ivy
9:30a-PiYo/Brenda
11:00a-SilverSneakers® Classic/Janet
4:30p-Bodystep/Lisa
5:30p-Cycle Party/Ivy
5:30p-Bodypump/Robyn
6:30p-Abs & Stretching/Sarai
7:00p-Yogaflow/Audra

Tuesday
5:30a-Cycle Party/Ivy
9:30a-Bodypump/Brenda
9:30a-RPM Cycle/Carol
10:30a-HIIT Express/Sterling
4:30p-Cycle/Janet/Sarai
4:30p-Bodypump/Maria
5:30p-Zumba/Stephanie
6:00p-Cycle/Lauren
6:30p-Bodypump/Robyn
7:30p-Bodyjam Express/Bootsy

Wednesday
5:30a-Bodypump/Colby/Lauren
9:00a-Barre/Amber
9:30a-Cycle Party/Ivy
10:00a-SilverSneakers® Classic/Janet
4:30p-Bodyjam/Bootsy
5:30p-Bodypump/Beth
5:30p-Cycle/Alex
6:30p-Bodyflow/Audra
7:30p-Bodyjam/Bootsy

New this month…

Tu 10:30a HIIT/Sterling
Th 5:30p HIIT/Stephen

Mon 9:30a PiYo/Brenda
** new time **

Thursday
5:30a-Bodyflow/Janet
9:00a-Awesome Abs/Ivy
9:30a-Bodypump/Lisa/Carol
9:30a-Cycle/Sterling
10:30a-Bodystep Express/Ivy
4:30p-Bodypump/Ivy
5:30p-HIIT/
6:00p-Abs&Stretching/
6:00p-RPM Cycle/Robyn
6:30p-Yogaflow/Audra
7:30p-Hip Hop Cardio/Stephanie

Friday
5:30a-Bodypump/Lauren
9:30a-Bodyjam/Bootsy
10:30a-SilverSneakers® Classic/Janet
5:30p-Zumba/Michelle/Andi

Saturday
8:30a-Cycle/Alex
9:30a-Bodypump/Kim/Ivy
10:30a-Bodyjam/Bootsy

CLASS DESCRIPTIONS

ABS & STETCHING: STRENGTHEN YOUR CORE WITH 30 MINUTES OF ABDOMINAL WORK AND STRETCHING.

BARRE: HIGH REPETITON STRENGTH TRAINING CLASS THAT BALANCES ISOMETRIC AND FULL-RANGE MOVEMENTS FOR A TOTAL BODY WORKOUT WITH A BIT OF A CARDIO KICK.

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.

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.

CYCLE PARTY: CYCLE WITH SOME HIP HOP FLAVA MOVEMENTS. IT'S A PARTY ON THE BIKE!

HIIT: FEEL AMAZING AFTER THIS CLASS THAT ALTERNATES BETWEEN VERY HIGH INTENSITY INTERVALS AND RECOVERY PERIODS TO BURN FAT AND TORCH CALORIES.

HIP HOP CARDIO: DANCE TO STRENGTHEN AND SCULPT YOUR BODY USING FUN HIP HOP MOVES. NO DANCE EXPERIENCE NECESSARY.

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.

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

1 CORINTHIANS 6:19-20

[19] 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, [20] for you were bought with a price. So glorify God in your body.

Membership Fees

Fort Hill and Forest Locations

No Enrollment Fee

$29.99 / mo. – Active adult (65 yrs. & older)
$34.99 / mo. – Membership for one person
$59.99 / mo. – Member and Spouse
$74.99 / mo. – Family Membership **
$419.88 – Single membership paid in full.

Forest Only Location

No Enrollment Fee

$19.99 / mo. – Active adult (65 yrs. & older)
$24.99 / mo. – Membership for one person
$44.99 / mo. – Member and Spouse
$54.99 / mo. – Family membership **
$299.88 – Single membership paid in full.

** Family membership – 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!

Kinetix Health Club
Fitness Prescription For Life

GROUP FITNESS SCHEDULE
April 2016

LOCALLY OWNED AND FAMILY OPERATED

HOURS OF STAFFED OPERATION

MONDAY–THURSDAY 5AM-10PM
FRIDAY 5AM-9PM
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