

## Monday

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

**9:00a-Awesome Abs/Ivy**

**9:30a-PiYo/Brenda**

**11:00a-SilverSneakers®**

**Classic/Audra**

**4:30p-POUND/Lisa**

**5:30p-Cycle Party/Ivy**

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

**6:30p-Abs & Stretching/Audra**

**7:00p-Yogaflow/Audra**

## Tuesday

**5:30a-Cycle Party/Ivy**

**9:30a-Bodypump/Brenda**

**9:30a-RPM Cycle/Carol**

**10:30a-Bodyflow Express/Carol**

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

**5:30p-Hip Hop Cardio/Lindsey**

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

**6:30p- Jump to It!/ Bootsy**

**7:30p-Bodyjam Express/Bootsy**



## **December KINETIX GROUP FITNESS SCHEDULE**



## Wednesday

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

**9:00a-Bodyflow/Audra**

**9:30a-Cycle Party/Ivy**

**10:00a-SilverSneakers®**

**Classic/Audra**

**4:30p-Bodyjam/Bootsy**

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

**5:30p-RPM Cycle/Robyn**

**6:30p-Bodyflow/Audra**

**7:30p-Bodyjam/Bootsy**

**Merry Christmas  
&  
Happy New Year**

**Closed**

**Christmas Eve & Christmas Day  
New Year's Eve & New Year's Day  
No Child Care or Classes  
24 hour Access Available**

## Thursday

**9:00a-Bootcamp Abs/Ivy**

**\*\*class upstairs\*\***

**9:30a-Bodypump/Brenda**

**9:30a-Cycle/EK**

**10:30a-Bodystep Express/Ivy**

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

**5:30p-HIIT/Caitlin**

**6:00p-Abs&Stretching/Caitlin**

**6:30p-Yogaflow/Audra**

**7:30p-Hip Hop Cardio/Andi**

## Friday

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

**9:30a-Bodyjam/Bootsy**

**10:30a-SilverSneakers®**

**Classic/LeAnna**

**5:30p-Zumba/Michelle**

## Saturday

**8:30a-Cycle/EK/Robyn**

**9:30a-Bodypump/Kyle/Colby**

**10:30a-Bodyjam/Bootsy**



## CLASS DESCRIPTIONS

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

**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.

**Jump To It:** A New Exciting endurance building JUMPROPE class incorporating JUMPROPE skills, drills, double dutch and stretching.

**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

<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.

## 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!



## GROUP FITNESS SCHEDULE December 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