

Monday

9:30a-HIIT/ Sarah
10:00a-Amazing Abs/Sarah
11:00a- Zumba/Lorena
4:30p-BARRE/ Audra
5:30p-BodyPump/Robyn
6:30p-Yogaflow/Audra

Tuesday

9:30a-Bodypump/ Gabe
10:30a-Stretch & Mobility/Gabe
11:00a-SilverSneakers® Circuit/
Ivy
4:30p-BodyPump/Manda
5:30p-Kickboxing/ Jess
5:30p-Cycle Party/ Sarah
6:30p-BARRE/ Jae



December KINETIX GROUP FITNESS SCHEDULE



Bring a friend for free to any class
during DECEMBER!
Try the 12 days of fitness challenge!
See front desk for details!

****NO CLASSES OR CHILDCARE ON
CHRISTMAS EVE OR CHRISTMAS
DAY****

Wednesday

8:30a- Booty Bands/ Ivy
9:30a- Zumba/Zumba Step/Lorena
9:30a-Cycle Party/Ivy
11:00a-SilverSneakers® Classic/
Sarah
4:30pm Zumba/Michelle
5:30p-BodyPump/Beth
5:30p-SPRINT/Robyn/Melissa
6:30p-Yoga/Marc

Thursday

9:30a-BodyPump/Sarah
9:30a-Cycle Party/Ivy
10:30a-Stretch & Mobility/Gabe
11:00a- Fit Fun Fifty +/- Lorena
4:30p-BodyPump/Manda
5:30p-Yogaflow/Audra

Friday

9:00a-Amazing Abs/Ivy
9:30a-Stretch & Mobility/Gabe
11:00a- Fit Fun Fifty +/- Lorena

Saturday

8:30a-Cycle Party/ Sarah/Ivy
9:00a-CxWorx/ Robyn
9:30a-BodyPump/Jamie/Gina
10:00a-TotalFit/ Sarah
10:30a- Pound & Zumba Party/
Halley



CLASS DESCRIPTIONS

BARRE- USING A BALLET BARRE & YOUR OWN BODY WEIGHT, YOU WILL RECEIVE A TARGETED, FULL BODY, RESISTANCE WORKOUT. GET READY TO SWEAT!!

BODYJAM: A ONE-HOUR 7 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.

BOOTY BANDS- LIFT AND TONE YOUR BACK SIDE WITH RESISTANCE BANDS!

CxWORK: IS ALL ABOUT BUILDING CORE STRENGTH, IMPROVING FUNCTIONAL FITNESS OF THE ABS, MID SECTIONS, AND GLUTES.

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

FIT, FUN & FIFTY+: DESIGNED FOR THE 50 AND OLDER FITNESS FANATIC, THIS CLASS COMBINES BASIC WEIGHT TRAINING AND CARDIO THAT WILL INCREASE BONE DENSITY, DECREASE RISK OF OSTEOPOROSIS, INCREASE METABOLIC RATE WHILE DECREASING BODY FAT, INCREASE STRENGTH AND ENDURANCE, AND PREVENT INJURIES. WE INCORPORATE CARDIO, WEIGHTS, COORDINATION AND BALANCE.

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

JUMP TO IT: A NEW EXCITING ENDURANCE BUILDING JUMPROPE CLASS INCORPORATING JUMPROPE SKILLS, DRILLS, DOUBLE DUTCH AND STRETCHING.

POUND: IS THE WORLD'S FIRST CARDIO JAM SESSION INSPIRED BY THE INFECTIOUS, ENERGIZING AND SWEAT-DRIPPING FUN OF PLAYING THE DRUMS.

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.

SILVERSNEAKERS CIRCUIT- MORE ADVANCED AND MORE CARDIO THAN THE SILVERSNEAKER CLASSIC

SPRINT: 30 MIN CYCLE CLASS(HIIT) HIGH INTENSITY INTERVAL TRAINING TO ACHIEVE FAST RESULTS!

TOTALFIT: A FULL BODY CROSS TRAINING STYLE WORKOUT FOCUSED ON TRAINING THE BODY MIND AND SPIRIT. FOR ALL LEVELS WHO WANT TO TRAIN TO DEVELOP THEIR OVERALL HEALTH!

YOGA FLOW: A WORKOUT THAT BUILDS FLEXIBILITY AND STRENGTH. THIS CLASS LEAVES YOU FEELING CENTERED AND CALM. FOR ALL LEVELS

Membership Fees

Fort Hill and Forest Locations

No Enrollment Fee

\$24.99 / mo. – Active adult (65 yrs. & older)

\$24.99 / mo. – Young adult (18-25 yrs.)

\$34.99 / mo. – Membership for one person

\$59.99 / mo. – Member and Spouse

\$74.99 / mo. – Family Membership

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

NO LONG TERM CONTRACT!

Month to Month Memberships

** 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
- Hydro massage beds
- Tanning beds
- FREE childcare while you work out as scheduled

Personal Training

Great Trainers- Great Rates-Great Results.

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



LOCALLY OWNED AND FAMILY OPERATED



HOURS OF STAFFED OPERATION: FORT HILL VILLAGE

MONDAY–THURSDAY: 5AM-10PM

FRIDAY: 5AM-8PM

SATURDAY: 8AM-6PM

SUNDAY: 1PM-6PM

24-HOUR ACCESS

DAYTIME CHILDCARE HOURS

MONDAY - SATURDAY

9AM TO NOON

EVENING CHILDCARE HOURS

MONDAY – FRIDAY: 4PM-7PM

Lynchburg

Fort Hill Village

6015 Fort Ave. Suite 24

Lynchburg, VA 24502

434-239-0015

Forest Express

Cavalier Shopping Ctr.

1208 Perrowville Rd.

Forest, VA 24551

434-525-0015

