

Monday

9:30a- Amazing Abs/ Ivy

NEW CLASS

11:00a- Zumba/Lorena

4:30p-BARRE/ Audra

5:30p-BodyPump/Manda

6:30p-Yogaflow/Audra

Tuesday

5:30a-Bodypump/ Gina

9:30a-Bodypump/ Gabe

10:30a-Stretch & Mobility/Gabe

**11:00a-SilverSneakers® Circuit/
Sarah**

4:30p-BodyPump/Ivy

5:30p-Kickboxing/ Jess

5:30p-Cycle Party/ Bekah



May Kinetix Group Fitness Schedule



enlira.twinkl.com

NEW CLASSES

Monday 9:30a: Amazing Abs w/Ivy

Friday 5:30p: REFIT DANCE PARTY

M,W,F 5:30a: Spring Bootcamp w/Bridgette

\$18/class drop in fee

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/Bridgett/Beth

5:30p-Outdoor Yoga/Audra

FOREST LOCATION

Thursday

9:30a-BodyPump/Sarah

10:30a-Yogaflow express/Ivy

11:00a- Fit Fun Fifty +/- Lorena

4:30p-BodyPump/Manda

5:30p-Yogaflow/Audra

5:30p-SPRINT/ Melissa

6:30p-GRIT Strength/ Manda

Friday

9:00a-BARRE/ Jae

10:00a-Stretch & Mobility/Gabe

11:00a- Fit Fun Fifty +/- Lorena

5:30p-REFIT DANCE/ Ryan

NEW CLASS

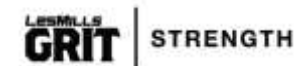
Saturday

8:30a-Cycle Party/ Melissa/Ivy

9:30a-BodyPump/ Gina

10:00a-TotalFit/ Sarah

**10:30a- Pound & Zumba Party/
Halley**



CLASS DESCRIPTIONS

BARRE- USING A BALLET BARRE, WEIGHTS, AND BANDS YOU WILL RECEIVE A TARGETED, FULL BODY, RESISTANCE WORKOUT. GET READY TO SWEAT!!

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!

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.

GRIT: A 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING (HIIT) WORKOUT, SCIENTIFICALLY-DESIGNED TO SHIFT YOUR FITNESS TO THE NEXT LEVEL. THE HIIT EFFECT MEANS YOU INCREASE AEROBIC FITNESS, UNLEASH FAST-TWITCH MUSCLE FIBERS AND GROW LEAN MUSCLE TISSUE, BURNING FAT. THIS WORKOUT USES BARBELL, WEIGHT PLATE AND BODYWEIGHT EXERCISES TO BLAST ALL MAJOR MUSCLE GROUPS

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

REFIT DANCE: REFIT® DANCE FITNESS IS AN EASY-TO-FOLLOW, ATHLETIC-STYLE DANCE WORKOUT DESIGNED FOR ANY ONE, EVERY BODY. NO EXPERIENCE NECESSARY. COME SWEAT, LAUGH, BURN A LOT OF CALORIES, AND TRULY ENJOY YOUR FITNESS REVOLUTION!

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 May 2021



LOCALLY OWNED AND FAMILY OPERATED



HOURS OF STAFFED OPERATION:
FORT HILL VILLAGE

MONDAY-THURSDAY: 5AM-10PM

FRIDAY: 5AM-8PM

SATURDAY: 8AM-5PM

SUNDAY: 1PM-5PM

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