**Monday**

 **9:30a- Amazing Abs/ Ivy**

**11:00a- Zumba/Lorena**

**4:30p-BARRE/ Audra**

**5:30p-BodyPump/Manda/Bridgette**

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

**Tuesday**

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

**10:30a-Yogaflow Express/Ivy 11:00a-SilverSneakers® Classic/ Brooke**

**4:30p-BodyPump/Bridgette**

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

**6:00p-Kickboxing/ Jess**

**\*\*\*NEW TIME\*\*\***





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June

Kinetix Group Fitness Schedule

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NEW CLASSES

11:00a: SilverSneakers BOOM

Sat 10:30a: 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/ Brooke**

**4:30pm Zumba/Michelle**

**5:30p-BodyPump/Gina/Beth**

**Thursday**

**9:30a-BodyPump/Stevens**

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

**11:00a- SilverSneakers® BOOM Lorena**

**\*\*\*NEW CLASS\*\*\***

**4:30p-BodyPump/Manda/Ivy**

**5:30p-Yogaflow/Audra**

**5:30p-SPRINT/ Melissa**

**6:30p-GRIT Strength/ Manda**

**Friday**

**9:00a-BARRE/ Jae**

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

**5:30p-REFIT DANCE/ Ryan**

**Saturday**

**8:30a-Cycle Party/ Brooke/Ivy**

**9:30a-BodyPump/ Gina**

**10:00a-TotalFit/ Whitney**

**10:30a- REFIT DANCE/ Ryan**

**\*\*\*NEW CLASS\*\*\***







**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!

**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!

***BOOM***: A higher intensity dance workout class that improves cardio endurance and burns calories. MOVE is all about breaking a sweat and having fun. The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout.

***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.

*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!

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

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

*1 CORINTHIANS 6:19-20*

**Group Fitness**

**Schedule**

**June 2021**

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**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

ke us on Faceboo

 **Lynchburg Forest Express**

 **Fort Hill Village** **Cavalier Shopping Ctr.**

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 Lynchburg, VA 24502 Forest, VA 24551

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