

## Monday

9:30a- Amazing Abs/ Ivy  
11:00a- Zumba/Lorena  
4:30p-BARRE/ Audra  
5:30p-BodyPump/ 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-Kickboxing/ Jess  
\*\*\*NEW CLASS\*\*\*  
5:30P- 9/21 WARRIOR SELF DEFENSE  
\*\*\*SPECIAL CLASS\*\*  
5:30p-Cycle Party/ Bekah



September

Kinetix Group Fitness  
Schedule



### NEW CLASSES

Tuesday 5:30pm: KICKBOXING w/ Jess  
Wednesday 4:30pm: REFIT w/Becky

### WARRIOR SELF DEFENSE CLASS

Tuesday (9/21): 5:30-7:30 pm  
Saturday (9/25): 11am-1pm

## Wednesday

8:30a- Booty Bands/ Ivy  
9:30a- Zumba/Zumba Step/Lorena  
9:30a-Cycle Party/Ivy  
11:00a-SilverSneakers® Classic/  
Brooke  
4:30pm REFIT/ Becky  
\*\*\*NEW CLASS\*\*\*  
5:30p-BodyPump/Gina

## Thursday

9:30a-BodyPump/Sarah  
10:30a-Yogaflow Express/Ivy  
11:00a- SilverSneakers® BOOM  
Move & Muscle/ Lorena  
4:30p-BodyPump/Stevens/Ivy  
5:30p-Yogaflow/Audra  
5:30p-SPRINT/ Melissa  
6:30p- HIIT with MoBadd/ Mo

## Friday

9:00a-BARRE/ Jae  
11:00a- Fit Fun Fifty +/- Lorena  
5:30p- REFIT® / Ryan

## Saturday

8:30a-Cycle Party/ Brooke/Sarah  
9:30a-BodyPump/ Gina  
10:00a-TotalFit/ Whitney  
10:30a- REFIT® / Ryan  
11AM- 9/25 WARRIOR SELF DEFENSE  
\*\*\*SPECIAL CLASS\*\*



## 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.

**HIIT:** GET READY TO SWEAT DURING THIS CALORIE TORCHING, MUSIC-PUMPING, HIGH INTENSITY INTERVAL TRAINING CLASS DESIGNED TO BURN FAT AND LEAVE YOU FEELING ENERGIZED. OUR INSTRUCTORS WILL GUIDE YOU THROUGH FAST-PACED EXERCISES AND CHALLENGE YOU TO TONE YOUR BODY AND ACHIEVE RESULTS. THOUGH OUR SWEAT INFUSED REMIXED CARDIO IS A NON-STOP CALORIE BURNING WORKOUT, ALL MOVEMENTS CAN BE LOW IMPACT OR HIGH IMPACT DEPENDING ON YOUR NEEDS; ALL LEVELS ARE WELCOMED TO PARTICIPATE.

**REFIT:** REFIT® 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!



## 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 September 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 – THURSDAY: 4PM-PM

FRIDAY: 4PM-7:30PM

#### Lynchburg

#### Fort Hill Village

6015 Fort Ave. Suite 24

Lynchburg, VA 24502

434-239-0015

kinetixhealthclublynchburg@gmail.com

#### Forest Express

#### Cavalier Shopping Ctr.

1208 Perrowville Rd.

Forest, VA 24551

434-525-0015