

Monday

9:30a- Abs and Booty/ Ivy
11:00a- Zumba/Lorena
4:30p-BARRE/ Audra
5:30p-BodyPump/ Bridgett
6:30p-Yogaflow/Audra

Tuesday

5:30a- Cycle/ Christa

NEW CLASS

9:30a-Bodypump/ Stevens
10:30a-Yogaflow Express/Ivy
11:00a-SilverSneakers® Classic/
Sarah
4:30p-BodyPump/Ivy
5:30p-Cycle Party/ Bekah
6:30p-Power Pilates/ Christa

NEW CLASS



March Kinetix Group Fitness Schedule



MEMBER APPRECIATION – Monday, MARCH
28th 4pm-7pm BRING A FRIEND FOR FREE!!
REFIT FRIDAYS MOVED TO 4:30PM
CYCLE/ TUESDAY 5:30AM
POWER PILATES/ TUESDAY 6:30PM &
FRIDAY 9:30AM

Wednesday

8:30a- Booty Bands/ Ivy
9:30a- Zumba/Zumba Step/Lorena
11:00a-SilverSneakers® Classic/
Sarah
4:30pm REFIT/ Becky
5:30p-BodyPump/Gina

Thursday

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

Friday

9:30a-Power Pilates/ Christa

NEW CLASS

11:00a- Fun Fit Fridays +/ Lorena
4:30p- REFIT® / Ryan

NEW TIME

Saturday

8:30a-Cycle Party/ Brooke/Sarah
9:30a-BodyPump/ Gina
10:00a-TotalFit/ Board



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 & Fridays+: ANYTHING GOES ON FRIDAYS! ANYTHING FROM BALLS & BANDS TO WEIGHTS & INCREASED HEART RATES. FOR ALL AGES.

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. ALL MOVEMENTS CAN BE LOW IMPACT OR HIGH IMPACT DEPENDING ON YOUR NEEDS; ALL LEVELS ARE WELCOMED TO PARTICIPATE.

PILATES: PILATES IS A SYSTEM OF EXERCISES PERFORMED ON A MAT. THIS CORE-BASED CLASS PROMOTES STRENGTH, STABILITY, AND FLEXIBILITY.

REFIT: REFIT® FITNESS IS AN EASY-TO-FOLLOW, ATHLETIC-STYLE DANCE WORKOUT DESIGNED FOR ANYONE, EVERYBODY. NO EXPERIENCE NECESSARY.

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.

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.

ZUMBA: A DANCE WORKOUT THAT BUILDS FLEXIBILITY AND STRENGTH WHILE GROOVING TO LATIN AND INTERNATIONAL MUSIC. FOR ALL LEVELS



Membership Fees

Fort Hill and Forest Locations

No Enrollment Fee

\$27.99 / mo. – Active adult (65 yrs. & older)

\$27.99 / mo. –Young adult (18-25 yrs.)

\$37.99 / mo. – Membership for one person

\$62.99 / mo. – Member and Spouse

\$74.99 / mo. – Family Membership

Forest Only Location

No Enrollment Fee

\$22.99 / mo. – Active adult (65 yrs. & older)

\$27.99 / mo. – Membership for one person

\$47.99 / 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 March 2022



LOCALLY OWNED AND FAMILY OPERATED

HOURS OF STAFFED OPERATION:

FORT HILL VILLAGE

MONDAY–THURSDAY: 5AM-10PM

FRIDAY: 5AM-8PM

SATURDAY: 8AM-5PM

SUNDAY: 1 PM-5PM

24-HOUR ACCESS

DAYTIME CHILDCARE HOURS

MONDAY - FRIDAY

9:00AM – NOON

SATURDAY – 8:30AM-NOON

EVENING CHILDCARE HOURS

MONDAY – FRIDAY: 4PM-7:30PM

Lynchburg

Fort Hill Village

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Lynchburg, VA 24502

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Forest Express

Cavalier Shopping Ctr.

1208 Perrowville Rd.

Forest, VA 24551

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