

## Monday

8:30a-SilverSneakers/ Christa

9:30a-Power Pilates/ Christa

**\*NEW 10:30a-Balance & Bands/ Lorena-**

11:00a-Zumba/Lorena

4:30p-BARRE/ Audra

5:30p-BodyPump/ Gina

6:30p-Yogaflow/Audra

## Tuesday

9:30a-Bodypump/ Sarah

10:30a-Yoga Stretch Express/Ivy

11:00a-SilverSneakers® Classic/ Sarah

4:45p-Pound/ Heather

5:30p-SPRINT/ Melissa

6:30p-Power Pilates/ Christa

**LESMILLS  
CXWORX**

**POUND**  
DAINTY WORKOUT

**REFIT**  
REVOLUTIONIZING FITNESS

Healthways  
**SilverSneakers**  
Fitness Program

## September Kinetix Group Fitness Schedule



New Fitness Room!  
Cycle is BACK + MORE  
BodyPump classes!!!  
Check out NEW CLASSES!

## Wednesday

8:30a-RIDE or DIE Cycle/ Christa

9:30a-Zumba/Zumba Step/Lorena

**\*NEW 12:30p-BodyPump/ Adda**

11:00a-SilverSneakers®/ Patricia

4:30p-REFIT/ Becky

5:30p-BodyPump/Adda

## Thursday

9:30a-BodyPump/Sarah

10:30a-Chair Yoga/ Melody

11:00a- SilverSneakers® BOOM/ Lorena

**\*NEW 4:30pm-BodyPump/Gina**

5:30p-Yogaflow/Audra

6:30p- HIIT with MoBadd/ Mo

## Friday

8:30a-BodyPump/ Sarah

9:30a-Power Pilates/ Christa

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

4:30p-GLOW Cycle/ Christa

**\*NEW 5:30p-BodyPump/ Adda**

## Saturday

8:30a-Cycle Party/ Robyn/Sarah

9:30a- CX Worx/ Robyn

10:00a-BodyPump/ Gina

 **ZUMBA**  
fitness

 **LESMILLS  
BODYPUMP**

## 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.

**BALANCE & BANDS-**  
LIFT AND TONE YOUR BACK SIDE WITH RESISTANCE BANDS! BUILD BLANCE, STABILITY AND COORDINATION WITH THIS NO EQUIPMENT ROUTINE.  
1

**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.

**CX WORKX** – AN INTENSE CORE WORKOUT DESIGNED TO BUILD STRENGTH, STABILITY, AND STAMINA INCLUDING ABDOMINALS, GLUTES, AND BACK.

**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.

**HIT:** 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.

**POUND:** IF YOU HAVE EVER SECRETLY WANTED TO BE A ROCKSTAR, YOU'LL LOVE THE POUND WORKOUT. GET SWEATING WITH SQUATS AND LUNGES WHILE DRUMMING ALONG TO A HIGH-ENERGY BEAT.

**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.

**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 September 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

Mon. – Thurs. 9:00am – Noon

Fri. – Sat. 8:30am - Noon

### EVENING CHILDCARE HOURS

Mon. – Thurs. 4PM-7:30PM

### Lynchburg

#### Fort Hill Village

6015 Fort Ave. Suite 24

Lynchburg, VA 24502

434-239-0015

[kinetixhealthclublynchburg@gmail.com](mailto:kinetixhealthclublynchburg@gmail.com)

### Forest Express

#### Cavalier Shopping Ctr.

1208 Perrowville Rd.

Forest, VA 24551

434-525-0015