

Monday

8:30a-SilverSneakers/ Patty

NEW 9:30a-Power Yoga/ Melody**

10:30a-Balance & Bands/ Lorena-

11:00a-Zumba/Lorena

4:30p-BARRE/ Audra

5:30p-BodyPump/ Bridgett

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 Cycle/ Melissa



DECEMBER *Kinetix Group Fitness* *Schedule*

MERRY CHRISTMAS

****NO CLASSES OR CHILDCARE
On Christmas Eve 12/24****

Wednesday

8:30a- Cycle Party Express/ Ivy

9:30a-Zumba/Zumba Step/Lorena

11:00a-SilverSneakers®/ Patty

4:30p-REFIT/ Becky

5:30p-BodyPump/Adda



Thursday

9:30a-BodyPump/Sarah

10:30a-Chair Yoga/ Melody

11:00a- SilverSneakers® BOOM/
Lorena

4:30pm-BodyPump/Gina

5:30p-Yogaflow/Audra

6:30p- HIIT with MoBadd/ Mo

Friday

8:30a-BodyPump/ Sarah

9:30a- Pilates & More/ Lorena

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

***NEW TIME 4:30p-BodyPump/ Adda**

Saturday

8:30a-Cycle Party/ Robyn/Sarah

9:30a- CX Worx/ Robyn

10:00a-BodyPump/ Gina



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.

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.

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.

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.

YOGA FLOW: 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 DECEMBER 2022



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

LOCALLY OWNED AND FAMILY OPERATED

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