

## Monday

8:30a- Power Pilates/ Courtney  
9:30a-ZUMBA/ Lorena  
10:30a Balance and Bands/ Lorena  
11:00a-REV and FLOW/Becky  
4:30p-CORE Yoga/ Mel  
5:30p-BodyPump/Bridgett  
6:30p-Yogaflow/Audra

## Tuesday

9:30a-Bodypump/ Courtney  
10:30a- Yoga Stretch/Ivy/Mel  
11:00a-SilverSneakers® Classic/  
Mel  
4:30p-HIIT with MoBadd/Mo  
5:30p-SPRINT Cycle/ Melissa  
6:30p-KIDS- Bully prevention, conflict  
avoidance, & confidence class\*\* extra fee  
Presented by WARRIOR ACADEMY



**BRING A FRIEND for  
FRIEND EVERY FRIDAY in  
AUGUST**  
**\*\*KIDS 6:30pm TUES. CLASS  
WARRIOR ACAD. Class\*\***  
**See front desk for more info.**

## Wednesday

9:30a-Zumba/Zumba Step/Lorena  
11:00a-SilverSneakers®/ Lorena  
4:30p-REFIT/ Ryan  
5:30p-BodyPump/Adda

## Thursday

9:30a-BodyPump/Adda  
10:30a-Chair Yoga/ Mel  
11:00a- SilverSneakers® Circuit/  
Lorena  
4:30pm-BodyPump/Gina  
5:30p-Yogaflow/Audra  
6:30p- HIIT with MoBadd/ Mo

## Friday

8:30a- BODYPUMP/ Courtney  
9:45a- Zumba/ Lorena\*\*NEW TIME  
11:00a-REV and FLOW/ Becky  
5:30p-BodyPump/ Adda

## Saturday

8:30a-Cycle Party/ Robyn  
9:30a- CX Worx/ Robyn  
10:15a-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 ROUNTINE.

**CORE YOGA** CHALLENGE YOURSELF WITH SCULPTING YOGA MOVES THAT BLEND TIME UNDER TENSION REPETITIONS FOR MUSCLE BURNING SCULPTING WITH THE FLOW OF A DANCE ROUTINE. FOCUS ON CORE AND GLUTE/THIGH STRENGTHENING, BALANCE AND STAMINA.

**CX WORX** – 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!

**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.

**KIDS WARRIOR ACADEMY** – Help to make your child more confident, disciplined, mentally & physically stronger, as well as to give them leadership skills & other vital life skills which they can carry into their future lives... giving them that edge that sets them apart... These classes are taught from an innovative approach to teaching martial arts, and are taught how to defend against "real life bullies" Techniques & principles are taught with a deeper understanding, which develops even greater confidence.  
\*\*5 week course- \$75.00 or \$15.00 per class\*\*

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

**REV+FLOW** by REFIT® is a high intensity, low impact workout designed for everyone. Although it is movement to music, this is not a cardio dance class. Movements are slower, focusing on strength, balance, flexibility and mobility.

**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

\$32.99 / mo. – Active adult (65 yrs. & older)

\$32.99 / mo. – Young adult (18-25 yrs.)

\$42.99 / mo. – Membership for one person

\$67.99/ mo. – Member and Spouse

\$79.99 / mo. – Family Membership /up to 4

### Forest Only Location

#### No Enrollment Fee

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

\$32.99 / mo. – Membership for one person

\$52.99 / mo. – Member and Spouse

\$59.99 / mo. – Family membership /up to 4

#### 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
- Unlimited Hydro massage bed
- Unlimited Tanning
- FREE childcare while you work out as per schedule

## 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 AUGUST 2023



### 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

Tues. – Thurs. 9:00am – Noon

Mon, Fri, Sat 8:30am - Noon

#### EVENING CHILDCARE HOURS

Mon. – 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