

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 balance, stability and coordination with this no equipment routine.

CX WORK: An intense core workout designed to build strength, stability, and stamina including abdominals, glutes, and back.

SPRINT CYCLE: 30 min intense/ high calorie burning cycle class!

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.

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.

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.

Kinetix

HEALTH CLUB

MEMBERSHIP FEES

Fort Hill and Forest Locations

\$19.99 Enrollment Fee

\$34.99 / mo. – Active adult (65 yrs. & older)

\$34.99 / mo. – Young adult (18-25 yrs.)

\$44.99 / mo. – Membership for one person

\$69.99/ mo. – Member and Spouse

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

Forest Only Location

\$19.99 Enrollment Fee

\$29.99/ mo. – Active adult (65 yrs. & older)

\$34.99 / mo. – Membership for one person

\$54.99 / mo. – Member and Spouse

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

NO LONG TERM CONTRACT!

Month to Month Memberships

** Family membership – Children under 16 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!

Kinetix

HEALTH CLUB



**GROUP FITNESS
SCHEDULE
DECEMBER 2023**

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

Tues. – Thurs. 9AM – 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

Forest Express

Cavalier Shopping Ctr.
1208 Perrowville Rd.
Forest, VA 24551
434-525-0015

kinetixhealthclublynchburg@gmail.com

DECEMBER



Kinetix Group Fitness Schedule

Monday

8:30AM—Power Pilates/Courtney
9:30AM—ZUMBA/Lorena
10:30AM—Balance and Bands/Lorena
11:00AM—REV and FLOW/Becky
4:45PM—BARRE/Morgan
5:30PM—BodyPump/Bridgett
6:30PM—Yogaflow/Audra

Tuesday

9:30AM—Bodypump/Courtney
10:30AM—Yoga Stretch/Ivy/Mel
11:00AM—SilverSneakers® Classic/ Mel
4:30PM—HIIT with MoBadd/Mo
5:30PM—Cycle with Morgan

Wednesday

9:30AM—Zumba/Zumba Step/Lorena
11:00AM—SilverSneakers®/Lorena
4:30PM—REFIT/Ryan
5:30PM—BodyPump/Adda

Thursday

9:30AM—BodyPump/Adda
10:30AM—Chair Yoga/Mel
11:00AM—SilverSneakers® Circuit/Lorena
4:30PM—BodyPump/Gina
5:30PM—Yogaflow/Audra
6:30PM—HIIT with MoBadd/Mo

Friday

8:30AM—BodyPump/Courtney
9:45AM—Zumba/Lorena**NEW TIME
11:00AM—REV and FLOW/Becky
5:30PM—BodyPump/Adda

Saturday

8:30AM—Sprint Cycle/Robyn
9:30AM—CX Worx/Robyn
10:15AM—BodyPump/Gina

**BRING A FRIEND
for FREE EVERY FRIDAY
in DECEMBER**

*** See front desk for more info***



**LESMILLS
CXWORX**

The SilverSneakers®
Fitness Program

**LESMILLS
BODYPUMP**