

## CLASS DESCRIPTIONS

**BARRE:** Using a ballet barre, weights, and bands you will receive a targeted full body, resistance workout. *Get ready to sweat!!*

**BALANCE & BANDS:** Lift and tone your back side with resistance bands! Build balance, stability and coordination with this no equipment routine.

**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.

**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.

**MUSCLE BLAST:** strength class targeting every major muscle groups using bars, dumbbells, and bands to tone muscle, burn fat, and challenge your cardiovascular fitness.

**MUSCLE BLAST CORE:** 30 min core class is designed to strengthen and tighten all core muscles while toning your waist and burning calories.

**PUMP IT UP:** A low weight, high rep muscle class designed to challenge all major muscle groups, burn fat using barbells, dumbbells and resistance bands.

**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.

**REV AND FLOW:** A high intensity/ low impact workout designed for everyone. Movements are based on 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

#### *\$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!



## GROUP FITNESS SCHEDULE MAY 2024

### 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

MONDAY - FRIDAY 9AM - NOON

SATURDAY 8:30AM - NOON

#### EVENING CHILDCARE HOURS

MONDAY - FRIDAY 4PM-7:30PM

### Lynchburg

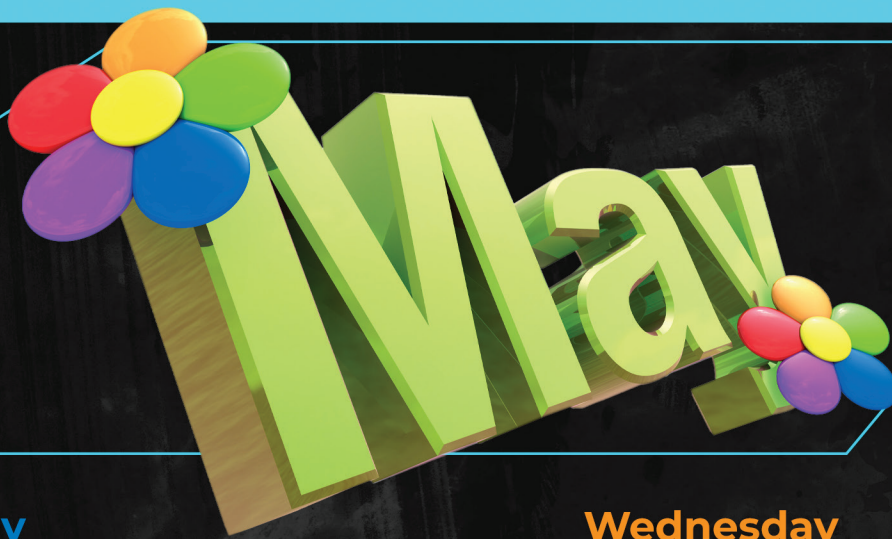
Fort Hill Village  
6015 Fort Ave. Suite 24  
Lynchburg, VA 24502  
434-239-0015

### Forest Express

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

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





# Kinetix Group Fitness Schedule

## Monday

9:30AM—ZUMBA/Lorena  
 10:30AM—Balance and Bands/Lorena  
 11:00AM—REV and FLOW/Becky  
 4:45PM—BARRE/Morgan  
 5:30PM—Muscle Blast/ Adda  
 6:30PM—Yogaflow/Audra

## Tuesday

9:30AM—Muscle Blast/Courtney  
 10:30AM—Yoga Stretch/Andrea  
 11:00AM—SilverSneakers® Classic/Andrea  
 4:30PM—HIIT with MoBadd/Mo  
 5:30PM—Cycle/Morgan 5/7 & 5/14

## Wednesday

9:30AM—Zumba/Zumba Step/Lorena  
 11:00AM—SilverSneakers®/Lorena  
 4:30PM—REFIT/Ryan  
 5:30PM—Pump it Up!/Bridgett

## Thursday

9:30AM—Pump it Up!/Adda  
 10:30AM—Yoga Stretch/Ivy  
 11:00AM—SilverSneakers® Circuit/Lorena  
 4:30PM—Booty Bands & Abs/Ivy  
 4:30PM—Gina Muscle Blast  
 5:30PM—Yogaflow/Audra  
 6:30PM—HIIT with MoBadd/Mo

## Friday

9:30AM—Zumba/Lorena  
 11:00AM—REV and FLOW/Becky  
 5:30PM—Pump it Up!/Adda

## Saturday

8:30AM—Cycle/Robyn  
 9:30AM—Muscle Blast Core/Robyn  
 10:15AM—Pump it Up!/Adda

**BRING A FRIEND  
 FOR FREE THE LAST  
 FRIDAY OF THE MONTH**

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

