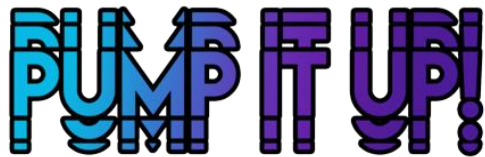


Monday

9:30a-ZUMBA/ Lorena
10:30a Balance and Bands/
Lorena
11:00a-REV and FLOW/Becky
4:30p-CORE / Gina
5:30p-Pump it Up!/ Adda
6:30p-Yogaflow/Audra

Tuesday

9:30a-Muscle Blast/Courtney
10:30a- Yoga Stretch/Andrea
11:00a-SilverSneakers® Classic/
Andrea
4:30p-HIIT with MoBadd/Mo



Bring A Friend For Free The Last
Friday Of The Month

SilverSneakers Self Defense
7/18/24 12pm (Aerobics Room)

Wednesday

9:30a-Zumba/Zumba
Step/Lorena
11:00a-SilverSneakers®/ Lorena
4:30p- REFIT/Ryan
5:30p-Pump it UP!/Adda



Thursday

9:30a-Pump it Up!/Adda
10:30a-YOGA Stretch/Ivy
11:00a- SilverSneakers® Circuit/
Lorena
4:30pm-Muscle Blast/Gina
5:30p-Yogaflow/Audra
6:30p- HIIT with MoBadd/ Mo

Friday

9:30a- Zumba/ Lorena
11:00a-REV and FLOW/ Becky

Saturday

8:30a-Cycle Party/ Robyn/Ivy
9:30a- Muscle Blast Core/
Robyn/Ivy
10:15a-Pump it Up!/ Adda



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.

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 WORK – 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!

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.

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 17 years of age must be accompanied by an adult.

***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 50 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 JULY 2024



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. – Fri. 9:00am – 12pm

Sat 8:30am – 12pm

EVENING CHILDCARE HOURS

Mon. – Friday 4pm-7:00pm

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