

AUGUST

MONDAY

9:30AM--Zumba Dance/Lorena
 10:30AM Bands & Balance /Lorena
 11:00AM REV & FLOW/Becky
 4:30PM HITT /MoBadd (Mo)
 5:30PM Pump It Up/Bridgett
 6:30PM Yogaflow/Audra

TUESDAY

9:30AM -Muscle Blast /Courtney
 10:30AM Yoga Stretch/Andrea
 11:00AM SilverSneakers-
 Classic/Andrea
 4:30PM HITT/MoBadd (Mo)
****NEW CLASS****
 5:30PM Stretch&Mobility/Rachael



weekly schedule

Get excited for NEW CLASSES
 Stretch & Mobility- /Rachael
 Tuesdays at 5:30PM &
 Fridays at 9:00AM

WEDNESDAY

9:30AM Zumba/Zumba Step/Lorena
 11:00AM SilverSneakers Classic/Lorena
 4:30PM REFIT/Ryan
 5:30PM Pump It Up/Adda

THURSDAY

9:30AM Pump It UP/Adda
 10:30AM Yoga Stretch/Ivy or Lorena
 11:00AM SilverSneaker Circuit/Lorena
 4:30PM Muscle Blast/Gina
 5:30PM Yogaflow/Audra
 6:30PM HITT/MoBadd/Mo



BRING A FRIEND FOR FREE
THE LAST FRIDAY
OF THE MONTH

FRIDAY

****NEW CLASS STARTS 8/5/24****
 9:00AM Stretch & Mobility/Rachael
****NEW CLASS TIME****
 10:00AM Zumba Dance/Lorena
 11:00AM REV & FLOW/Becky

SATURDAY

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



CYCLE

CLASS DESCRIPTION

BALANCE & BANDS

LIFT AND TONE YOUR BACKSIDE WITH RESISTANCE BANDS! BUILD BALANCE, STABILITY, AND COORDINATION WITH THIS NO-EQUIPMENT ROUTINE.

CORE/MUSCLE BLAST CORE

CORE ABS WORKOUTS ARE EXERCISES DESIGNED TO STRENGTHEN AND TONE THE ABDOMINAL MUSCLES, WHICH INCLUDE THE RECTUS ABDOMINIS, OBLIQUES, AND TRANSVERSE ABDOMINIS THESE WORKOUTS CAN IMPROVE POSTURE, BALANCE, AND STABILITY, AS WELL AS CONTRIBUTE TO A STRONGER CORE OVERALL.

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, MUSCLE-PUMPING, HIGH-INTENSITY CLASS DESIGNED TO BURN FAT AND LEAVE YOU FEELING ENERGIZED

REFIT

IS A FITNESS PROGRAM THAT COMBINES DANCE, CARDIO, AND STRENGTH TRAINING. IT'S A WORKOUT YOU CAN FEEL GOOD ABOUT! WITH POWERFUL MOVES AND POSITIVE MUSIC, YOU'LL DISCOVER AN INSPIRING WORKOUT THAT CHANGES YOUR BODY, MIND, AND SOUL.

MUSCLE BLAST

A FULL BODY STRENGTH TRAINING WORKOUT THAT CREATES LEAN MUSCLE MASS AND BURNS BODY FAT. ALL LEVELS WILL ENJOY THIS CLASS

REV&FLOW

BY REFIT FITNESS 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.

PUMP IT UP

BARBELL CLASS THAT STRENGTHENS YOUR ENTIRE BODY. IT'S A ONE-HOUR WORKOUT THAT CHALLENGES ALL OF YOUR MAJOR MUSCLE GROUPS.

SILVERSNEAKERS CLASSIC

Hand held weights, elastic tubing with handles and a Silver Sneakers® ball are offered for resistance. A chair is available, if needed, for seating or standing support

SILVERSNEAKERS CIRCUIT

CIRCUIT WORKOUT OFFERS STANDING, LOW-IMPACT CHOREOGRAPHY ALTERNATED WITH STANDING UPPER-BODY STRENGTH WORK WITH HAND-HELD WEIGHTS, ELASTIC TUBING WITH HANDLES, AND A SILVERSNEAKERS BALL.

STRETCH & MOBILITY

AIMS TO IMPROVE FOCUSES ON IMPROVING FLEXIBILITY, RANGE OF MOTION, STABILIZATION, AND POSTURE. IT COMBINES ELEMENTS OF STATIC AND DYNAMIC STRETCHING, TRIGGER POINT WORK, AND STABILITY EXERCISES TO HELP THE BODY MOVE BETTER AND REDUCE THE RISK OF INJURY.

YOGA FLOW/YOGA

A WORKOUT THAT BUILDS FLEXIBILITY AND STRENGTH. THIS CLASS LEAVES YOU FEELING CENTERED AND CALM FOR ALL LEVELS.

YOGA STRETCH

YOGA STRETCHES ARE A COMBINATION OF MUSCULAR STRETCHES AND ISOMETRIC STRETCHES THAT COMPLETELY STRETCH EVERY SINGLE MUSCLE IN THE BODY.

ZUMBA FITNESS DANCE

A DANCE WORKOUT THAT BUILDS FLEXIBILITY AND STRENGTH WHILE GROOVING TO FUN MUSIC. COME JOIN THE PARTY.

MEMBERSHIP FEES

FORT HILL 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 (65yrs & older)
- \$34.99/mo- Membership for one person.
- \$54.99/mo-Member amd Spouse
- \$59.99/mo-Family membership/up to 4

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, dumbbells, kettlebells, 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.

Personal Training

Great Trainers-Great Rates-Great Results.

Payment Arrangements Available.

Ask us for details



AUGUST GROUP FITNESS SCHEDULE



HOURS OF STAFFED OPERATION:

FORT HILL VILLAGE

MONDAY-THURSDAY 5AM-10PM

FRIDAY: 5AM-8PM

SATURDAY:8AM-5PM

SUNDAY: 1PM-5PM

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