

AUGUST

MONDAY

9:30AM--Zumba Dance/Lorena
 10:30AM Bands & Balance /Lorena
 11:00AM REV & FLOW/Becky
 4:30PM HITT /MoBadd (Mo)
 5:30PM Muscle Madness/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 10:00AM

WEDNESDAY

9:30AM Zumba/Zumba Step/Lorena
 11:00AM SilverSneakers Classic/Lorena
 4:30PM REFIT/Ryan
 5:30PM Muscle Madness/Adda

THURSDAY

9:30AM Muscle Madness/Adda
 10:30AM Yoga Stretch/Ivy or Lorena
 11:00AM SilverSneaker Circuit/Lorena
 4:30PM Muscle Blast/Gina
 5:30PM Yogaflow/Audra



BRING A FRIEND FOR FREE
THE LAST FRIDAY
OF THE MONTH

FRIDAY

****NEW CLASS TIME****

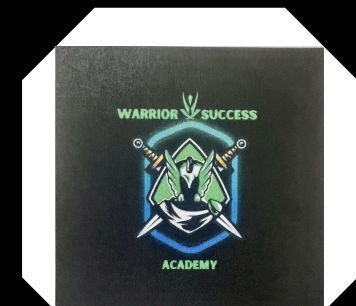
9:00AM Zumba Dance/Lorena
NEW CLASS STARTS 8/5/24**
 10:00AM Stretch & Mobility/Rachael
 11:00AM REV & FLOW/Becky

SATURDAY

10:15AM Muscle Madness/Adda

★ Self-Defense ★

Workshop Presented by Warrior
 Success Academy
 Join Us Thursday August 22nd, at
 12PM in group fitness room



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.

HIT

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.

Muscle Madness

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 IMPROVEFOCUS 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

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