

## CLASS DESCRIPTION

### BALANCE & BANDS

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

### CONDITIONING/BOOTCAMP

FUNCTIONAL/SKILL-BASED TRAINING FOR ALL LEVELS

### 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.

### HITT

ADV 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

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.

### MUSCLES MADNESS

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

### SILVERSNEAKERS CLASSES

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. A CHAIR IS AVAILABLE, IF NEEDED, FOR SEATING OR STANDING SUPPORT.

### STRETCH & MOBILITY

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

### CONDITIONING/BOOTCAMP

A SERIES OF CIRCUIT/SKILL-BASED TRAINING FOR ALL LEVELS

### YOGA FLOW/YOGA

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

### ZUMBA FITNESS DANCE

A DANCE WORKOUT THAT BUILDS FLEXIBILITY AND STRENGTH WHILE GROOVING TO FUN MUSIC. 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

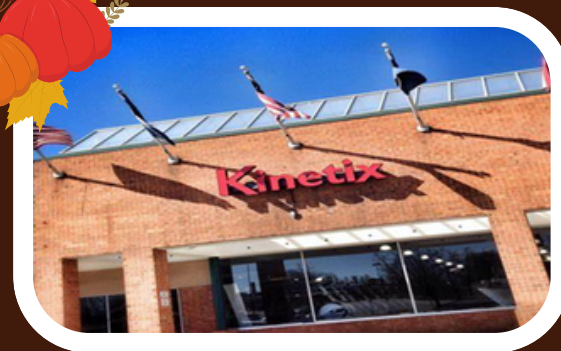
Great Trainers-Great Rates-Great Results.

Payment Arrangements Available.

Ask us for details

**Kinetix**  
HEALTH CLUB

## SEPTEMBER 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

LYNCBURG

FORT HILL VILLAGE  
6015 FORT AVE, SUITE 24  
LYNCBURG, VA 24502  
434-239-0015

FOREST EXPRESS

CAVALIER SHOPPING CTR.  
1208 PERROWVILLE RD,  
FOREST, VA 24551  
434-525-0015

KINETIXHEALTHCLUBLYNCBURG@GMAIL.COM

# September

## weekly schedule

### 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
- \*\*NEW 10:30AM Core & Glutes-Gina**
- 11:00AM SilverSneakers-Classic/Andrea
- 4:30PM HITT/MoBadd (Mo)
- \*\*NEW CLASS\*\***
- 5:30PM Stretch&Mobility/Rachael

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
- \*\*NEW 10:30AM Core & Glutes-Gina**
- 11:00AM SilverSneaker Circuit/Lorena
- \*\*NEW CLASS 4:30PM**
- Conditioning/bootcamp Morgan
- 5:30PM Yogaflow/Audra



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

### FRIDAY

- \*\* NEW TIME 9:00AM Zumba Dance/Lorena**
- 10:00AM Stretch & Mobility/Rachael
- \*\*NEW CLASS\*\***
- 11:00AM SilverSneakers-Bridgett

### SATURDAY

- \*\*\*NEW CLASS\*\*\***
- 9:00-9:45-Cycle-Kelly
- 10:15AM Muscle Madness/Adda



**SEPTEMBER 2ND**  
**NO CLASSES OR CHILDCARE**  
**MEMBERS STILL HAVE 24 HOUR**  
**ACCESS**

