

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

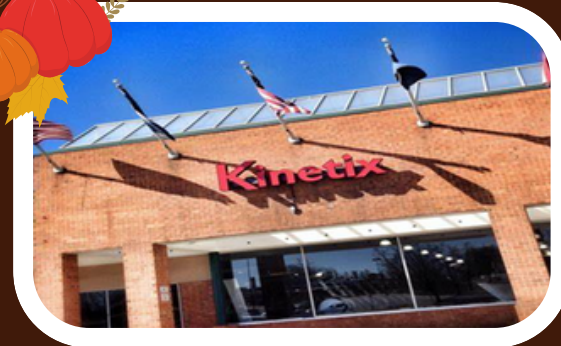
Great Trainers-Great Rates-Great Results.

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 SilverSneakers/Becky
- 4:30PM HITT /MoBadd (Mo)
- 5:30PM Muscle Madness/Bridgett
- 6:30PM Yogaflow/Audra

TUESDAY



- 9:30AM Muscle Blast /Courtney
- 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

11:00AM SilverSneakers Classic/Lorena

THURSDAY

11:00AM SilverSneaker Circuit/Lorena
****NEW CLASS**** 4:30PM
 Conditioning/bootcamp Morgan



**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



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

