

October

weekly schedule

MONDAY

9:30AM-CardioDance /Lorena
10:30AM-Bands/Balance-Lorena
11:00AM- Senior Fit-Becky
4:30PM- HITT-MoBadd (Mo)
5:30PM Muscle Blast-Bridgett
6:30PM- Yogaflow-Audra

TUESDAY

9:30AM-Muscle Blast/Courtney
11:00AM- Senior Fit-Bridgett
4:30PM-HITT/MoBadd (mo)
5:30PM- Stretch & Mobility/Rachel



HOLIDAY SAFETY
WORKSHOP OCT 24TH
12-1 PM IN GROUP
FITNESS ROOM



WEDNESDAY

****NEW CLASS****

9:00AM-Chair Yoga/Gina
9:45AM- Cardio Dance /Lorena
11:00AM- SilverSneakers/Lorena

THURSDAY

****NEW CLASS****

9:45AM- Muscle Blast -/Bridgett
11:00AM-Senior Fit/Bridgett
****NEW CLASS****
4:30PM-Conditioning/bootcamp/Morgan



BRING A FRIEND FOR
FREE THE LAST
FRIDAY OF THE
MONTH

FRIDAY

9:00AM- Cardio Dance /Lorena
10:00AM-Stretch & Mobility /Rachael
11:00AM- SilverSneakers/Lorena

WE PARTNER WITH THE
FOLLOWING INSURANCES

1. SIVERSNEAKERS



2. RENEW ACTIVE

Renew Active
by UnitedHealthcare

3. SILVER & FIT





CLASS DESCRIPTION

BALANCE & BANDS

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

CHAIR YOGA

CHAIR YOGA IS A FORM OF YOGA THAT MODIFIES TRADITIONAL YOGA POSES SO THEY CAN BE DONE WHILE SEATED. CHAIR YOGA IS A POTENT PRACTICE THAT CAN IMPROVE FLEXIBILITY, MUSCLE TONE, AND MENTAL WELL-BEING.

CONDITIONING/BOOTCAMP

FUNCTIONAL/SKILL-BASED TRAINING FOR ALL LEVELS FITNESS INCORPORATING VARIOUS EXERCISES, SUCH AS CARDIO, STRENGTH TRAINING, AND AGILITY DRILLS. DESIGNED TO CHALLENGE PARTICIPANTS BOTH PHYSICALLY AND MENTALLY

CARDIO DANCE

IT'S A PARTY WAITING TO HAPPEN ALL THAT IS MISSING IS YOU? IT'S A CARDIOVASCULAR WORKOUT UTILIZING DANCE-BASED MOVEMENTS SET TO MUSIC. IN ADDITION TO IMPROVING BALANCE AND COORDINATION, DANCE CARDIO CAN ALSO INCREASE YOUR AGILITY (ABILITY TO MOVE) AND FLEXIBILITY

HITT

HIGH-INTENSITY INTERVAL TRAINING. THIS CALORIE-TORCHING, MUSCLE-PUMPING, HIGH-INTENSITY CLASS DESIGNED TO BURN FAT AND LEAVE YOU FEELING ENERGIZED.

MUSCLE BLAST

THIS CLASS. A FULL-BODY WORKOUT USING WEIGHT PLATES, BARBELLS, RESISTANCE BANDS, AND STEPS COMBINED WITH BODYWEIGHT EXERCISES CREATES COMPOUND AND ISOLATION EXERCISES TO GET YOU LEAN, TONED, AND FIT.

SENIOR FIT

INCLUDES CARDIOVASCULAR, STRENGTH TRAINING, BALANCE AND FLEXIBILITY EXERCISES, AND FOSTERING STRONG SOCIAL RELATIONSHIPS BETWEEN PARTICIPANTS. PARTICIPANTS CAN USE CHAIRS FOR SUPPORT, AND INCREASE THE WEIGHT THEY USE FOR STRENGTH TRAINING AT THEIR OWN PACE.

SILVERSNREAKERS CLASSES

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

YOGA FLOW/YOGA

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

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

JOIN NOW!

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.

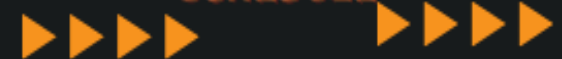
Payment Arrangements Available.

Ask us for details



OCTOBER 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
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