



# Weekly schedule

# December

## 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

## WEDNESDAY

9:30AM- Cardio Dance /Lorena  
11:00AM- SilverSneakers/Lorena



## THURSDAY

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

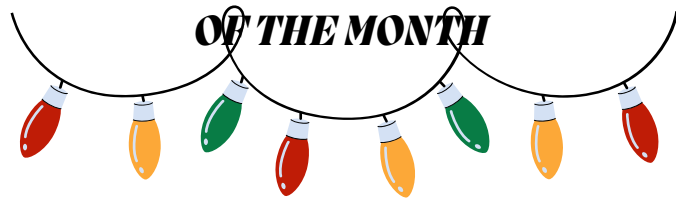
## TUESDAY

9:30AM-Muscle Blast/Courtney  
10:30AM -Chair Yoga/Gina-**\*\*NEW\*\***  
11:00AM- Senior Fit-Bridgett  
4:30PM-HITT/MoBadd (mo)  
5:30PM- Stretch & Mobility/Rachel



**CHRISTMAS EVE**  
5AM-3PM  
NO CHILDCARE NO CLASSES.  
**CHRISTMAS DAY**  
CLOSED

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



## FRIDAY

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

**WE PARTNER WITH THE  
FOLLOWING INSURANCES**

1.

**SIVERSNEAKERS**



2.

**RENEW ACTIVE**



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.

### 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.

### 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



### **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



## **DECEMBER 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-7:00PM**



**LYNCHBURG**

**FOREST EXPRESS**

**FORT HILL VILLAGE CAVALIER SHOPPING CTR.**

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