

## CLASS DESCRIPTIONS

### 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

## 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



# JANUARY

## GROUP FITNESS SCHEDULE

## HOURS OF STAFFED OPERATION:

### FORT HILL VILLAGE

MONDAY - THURSDAY	5AM - 10PM
FRIDAY	5AM - 8PM
SATURDAY	8AM - 5PM
SUNDAY	1PM - 5PM

## CHILDCARE HOURS:

### DAYTIME

MONDAY - FRIDAY	9AM - NOON
SATURDAY	9AM - NOON

### EVENING

MONDAY - FRIDAY	4PM - 7PM
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**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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# JANUARY

## WEEKLY SCHEDULE

### MONDAY

- 9:30AM** | Cardio Dance - Lorena
- 10:30AM** | Balance & Bands - Lorena
- 11:00AM** | Senior Fit - Bridgett
- 4:30PM** | HITT - MoBadd (Mo)
- 5:30PM** | Muscle Blast - Bridgett
- 6:30PM** | Yoga Flow - Audra

### TUESDAY

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

### WEDNESDAY

- 9:30AM** | Cardio Dance - Lorena
- 10:30AM** | Nutrition 101 - Bridgett **\*\*NEW\*\***  
(1/8/25, & 1/22/25)
- 11:00AM** | Silver Sneakers - Lorena

### THURSDAY

- 9:45AM** | Muscle Blast - Bridgett
- 11:00AM** | Senior Fit - Bridgett
- 5:30PM** | Nutrition 101 - Bridgett **\*\*NEW\*\***  
(1/2/25, 1/16/25, 1/30/25)

### FRIDAY

- 9:00AM** | Cardio Dance - Lorena
- 10:00AM** | Stretch & Mobility - Rachel
- 11:00AM** | Silver Sneakers - Lorena

### NUTRITION 101 SCHEDULE

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

WE PARTNER WITH THE FOLLOWING INSURANCES



Bring a friend for **FREE** on the last Friday of the month!