

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.

NUTRITION 101

A class with a certified nutrition coach that provides a basic understanding of nutrition and the importance of balance in food choices and physical activity.

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:

- \$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:

- \$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



MARCH

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
434-525-0015

KINETIXHEALTHCLUBLYNCHBURG@GMAIL.COM

MARCH

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
10:15AM	Nutrition 101 - Bridgett **NEW** (3/5/25, & 3/19/25)
11:00AM	Silver Sneakers - Lorena

THURSDAY

9:45AM	Muscle Blast - Bridgett
11:00AM	Silver Sneakers - Lorena/Bridgett

FRIDAY

9:30AM	Cardio Dance - Lorena
11:00AM	Silver Sneakers - Lorena

SATURDAY

10:00AM	Nutrition 101 - Bridgett **NEW** (3/1/25, 3/15/25, & 3/29/25)
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WE PARTNER WITH THE
FOLLOWING INSURANCES



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