

## 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.

### POWER SPIN

Empower yourself! Take your cardio to a new level. This spin class has a variety of intense and explosive drills. Challenge your endurance and improve your fitness!

### 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.

### SPINERGY

Spin along to music that will motivate and uplift your spirits. This class has something for everyone. Sprint drills, hill climbs, resistance training, endurance challenges, and even core work. Be ready to BURN some calories!

### 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



# MAY

## 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 CENTR.**  
1208 PERROWVILLE RD  
FOREST, VA 24551  
434-525-0015

[KINETIXHEALTHCLUBLYNCHBURG@GMAIL.COM](mailto:KINETIXHEALTHCLUBLYNCHBURG@GMAIL.COM)



# MAY

## 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
- 11:00AM Silver Sneakers - Lorena
- 5:30PM SpinErgy\* - Helen

### THURSDAY

- 9:45AM Muscle Blast - Bridgett
- 11:00AM Silver Sneakers - Lorena/Bridgett
- 5:30PM Power Spin\* - Helen

### FRIDAY

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

### SATURDAY

- 9:30AM SpinErgy\* - Helen

*\*Bikes will be **LIMITED**, so you must **SIGN-UP/RESERVE YOUR BIKE** at the front desk*

WE PARTNER WITH THE FOLLOWING INSURANCES



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