

## CLASS DESCRIPTIONS

### BALANCE & BANDS

Lift and tone your backside with resistance bands! Build balance, stability, and coordination with this no-equipment routine.

### 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.

### HIIT

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!

### ZUMBA STRONG NATION®

A high-intensity workout that combines body weight, muscle conditioning, cardio, and plyometric training moves synced to original music. It includes exercises like squats, lunges, burpees, and is designed to burn calories while toning muscles.

## 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 and 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



# SEPTEMBER

## GROUP FITNESS SCHEDULE



## HOURS OF STAFFED OPERATION:

### FORT HILL VILLAGE

|                  |            |
|------------------|------------|
| MONDAY           | 5AM - 10PM |
| TUESDAY - FRIDAY | 5AM - 8PM  |
| SATURDAY         | 8AM - 5PM  |
| SUNDAY           | 1PM - 5PM  |

## CHILDCARE HOURS:

### DAYTIME

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

### EVENING

|                 |           |
|-----------------|-----------|
| MONDAY - FRIDAY | 4PM - 7PM |
|-----------------|-----------|

**LYNCHBURG**  
**FORT HILL VILLAGE**  
6015 FORT AVE, SUITE 24  
LYNCHBURG, VA 24502  
434-239-0015

**FOREST EXPRESS**  
**CAVALIER SHOPPING CTR.**  
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# SEPTEMBER

## WEEKLY SCHEDULE

### MONDAY

|         |                          |
|---------|--------------------------|
| 9:30AM  | Cardio Dance - Lorena    |
| 10:30AM | Balance & Bands - Lorena |
| 11:00AM | Senior Fit - Rozinah     |
| 4:30PM  | HIIT - Mo                |
| 6:00PM  | Power Spin* - Helen      |

### TUESDAY

|         |                         |
|---------|-------------------------|
| 9:30AM  | Muscle Blast - Gina     |
| 11:00AM | Silver Sneakers - Amber |
| 4:30PM  | HIIT - Mo               |

### WEDNESDAY

|         |                          |
|---------|--------------------------|
| 9:30AM  | Cardio Dance - Lorena    |
| 11:00AM | Silver Sneakers - Lorena |
| 5:30PM  | SpinErgy* - Helen        |

### THURSDAY

|         |                      |
|---------|----------------------|
| 11:00AM | Senior Fit - Rozinah |
| 5:30PM  | Muscle Blast - Gina  |

### FRIDAY

|         |                          |
|---------|--------------------------|
| 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



Refer a new member and receive **ONE MONTH FREE** on your membership.  
You can also bring a friend to train for **FREE** on the last Friday of each month.