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 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

Kinetix HEALTH CLUB

NOVEMBER

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
LYNCBURG, VA 24502
434-239-0015

FOREST EXPRESS
CAVALIER SHOPPING CTR.
1208 PERROWVILLE RD
FOREST, VA 24551
434-525-0015

KINETIXHEALTHCLUBLYNCHBURG@GMAIL.COM

NOVEMBER

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
5:00PM	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

Silver&Fit® · SilverSneakers® FITNESS · Renew Active by UnitedHealthcare · FITON HEALTH

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.