

Family Life Center Fitness Class Schedule: Effective January 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Check Out Our Church Services Below: 9:00AM Worship & Bible School 6 weeks - 14 mos. C103 14-24 mos. C105 2's C101 3's A105 4's & 5's A104 FCC Kids (K-5 th) KWC Middle School C205 Family Builders C002 LinC C005 10:15AM Worship & Bible School 6 weeks - 14 mos. C103 14-24 mos. C105 2's C101 3's A105 & A109 4's & 5's A104 & A108 Kindergarten A A101 Kindergarten B B103 1 st Grade A A102 1 st Grade B A103 2 nd Grade A A202/204 2 nd Grade B A203/205 3 rd Grade A A201 3 rd Grade B B208 4 th Grade A B205 4 th Grade B B204 5th Grade CWC Middle School C205 High School C207 Seekers C001 Young & Rest of Us C002 Young Adults C004 Singles (30+) C003 Journey Into the Bible C005 Disciples C008 Senior Saints C109 11:30AM Worship & Bible School 6 weeks - 14 mos. C103 14-24 mos. C105 2's C101 3's A109 4's & 5's A108 FCC Kids (K-5 th) KWC Middle School C205 Common Ground C001	6:00 - 6:50 Kickbox Fitness C203 8:15-9:15 C.S.I. C203 9:25-10:10 Kettlebells C203 9:00 - 10:00 5K * See back 9:25 - 10:25 ZUMBA C201 10:20 - 11:05 Pilates Mat C203	6:00 - 6:50 Lap Swim Pool 8:30-9:15 Step Interval C203 9:25-10:10 Flow Yoga C203 10:20 - 11:05 M&M: Stroll w/Me * See back 10:20 - 11:05 Sizzlin' Seniors C203 10:20 - 11:05 Spin Fit C008 6:00 - 6:50 Fit Quest 4 Kids See back 6:00 - 6:50 Kettlebells C203 7:00-7:50 5K See back 7:00-7:50 ZUMBA C201 7:00 - 7:50 Fit Quest 4 Kids See back 7:00 - 7:50 M&M: Stroll w/Me * See back 7:00-7:50 Pilates C203	6:00 - 6:50 C.S.I. C203 8:30-9:15 Strength Fusion C203 9:15 - 10:15 ZUMBA C201 9:25-10:10 Cardio Kick C203 10:20 - 11:05 Flow Yoga C008 5:45- 6:45 Men's Fitness C008 6:00- 6:45 ZUMBA C201 6:00-6:45 Kickbox Fitness C203 7:00 - 8:00 RENEW SERVICE Thursday 8:00 PM Spin Fit C008	6:00 - 6:50 Spin Fit C008 8:30-9:15 Pilates C203 9:25-10:10 Kettlebells C203 10:20 - 11:05 M&M: Tummy Time * See back 10:20 - 11:05 Sizzlin' Seniors C203 6:00 - 6:50 Fit Quest 4 Kids See back 6:00 - 6:50 ZUMBA C201 6:00-6:50 Yoga II C008 7:00 - 7:50 Fit Quest 4 Kids See back 7:00 - 7:50 M&M: Tummy Time * See back 7:00 - 7:45 Fab Abs C203	6:00 - 6:50 Kickbox Fitness C203 8:15-9:15 Strength Fusion C203 9:25-10:10 Flow Yoga C008 9:20 - 10:10 ZUMBA C201 10:20 - 11:05 Spin Fit C008	8:00 - 8:50 De-stress Yoga C203 9:00-10:00 Ult. Conditioning C203 10:15 - 11:00 Spin Fit C008 10:15 - 11:00 Fit Quest 4 Kids * See back  Family Life Center Facility Hours Monday, Tuesday and Thursday 5:30am - 9:00pm Wednesday and Friday 5:30am - 7:00pm Saturday 8:00am - 12:00pm Childcare Hours Monday - Thursday 8 am-12:00 pm & 4:30-8 pm Wednesday: 8 am-12:00 pm & 4:30 -6:45 pm Friday 8am-12pm FLC Front Desk: 336.993.6226 CHECK US OUT ON-LINE: www.fccministries.com 

Class Descriptions

(We must have a minimum of two participants to run a class. An instructor's decision to hold class will be made within 5 minutes of class start time.)

Fab Abs a class completely focused on developing and strengthening your core (stomach and back) muscles.

De-stress Yoga Deep stretching and relaxation.

Flow Yoga A mainstream fitness yoga that keeps you flowing through yoga poses helping you to tone muscles, gain flexibility and relieve stress. Yoga is great for all levels and ages, and those seeking relief from stiff or tense muscles and low back pain.

Yoga II An advanced yoga class for those that have taken yoga for a year or more and want to challenge themselves with new moves.

Pilates Challenge your core while learning to control balance, posture and body alignment. Learn how to tone your abdominal region while also working the back, lower and upper body. This class will incorporate light weights, balls, bars, and bands.

Strength Fusion Building muscle is key to speeding up the metabolism and getting lean. This class will work your entire body from head to toe! Get a safe workout and learn the basics of strength training and proper form.

Kettlebells A total body workout using one of the newest and most effective tools in fitness! Kettlebells are cast iron weights with handles at the top. They use weighted movement to strengthen the entire body while increasing core stability in the back and abdominals, and to develop sustainable and functional strength. Along with cardio intervals, kettlebells are a fabulous calorie burner! 20 minutes of kettlebells can equal an hour on the treadmill. There are a limited amount of bells so come early!

Step Interval Combines moves around a raised platform with strength training segments. Burn calories, have fun!

C.S.I. (Cardio, Strength Intervals): Uses a combination of cardiovascular and strength building exercises, ending with core muscle building, and stretching. This class is designed for the fitness enthusiast that wants maximum results through this challenging class. This class uses dumb bells, resistance bands, fit balls, the bosu, and kettlebells. Receive a well rounded workout in an hour!

ZUMBA (Ladies only) This class combines high energy and motivating music with unique Latin-inspired moves and combinations that allow participants to dance away calories and stress! Ditch the workout... JOIN THE PARTY!!!

Kickbox Fitness This interval style workout blends kickbox moves and bag contact to create the ultimate workout. By hitting heavy bags you pound away fat while burning up to 800 calories per class.

Cardio Kick This is a new class uses Kickbox Fitness moves without the bag contact using more of a cardio fitness format. It will force you to use a little more balance and focus, while eliminating body positioning with the bag. This is an introductory class for now and we encourage you to try both kickbox Fitness class and Cardio Kick class and then choose which one you prefer or take both for double the benefits and an good hour of kicking off those calories!

Sizzlin' Seniors Add years to your life and life to your years. Get moving in this class designed for the senior population. Fun music, fun moves combining appropriate strength and cardio training.

Men's Ministry First Christian Church-lead men's only workout session. You'll get both spiritually and physically fit!

Check out our new Special programs coming this January:

**** Special Programs are highlighted on the class schedule and require both class registration and a fee**

Spin Fit: This class uses stationary bikes, imaginary moves, and intense intervals to burn some mega calories! Come ride with us and have some fun!

Mommy & Me: Mommy and infant (3 mo. – 12 mo.) get to enjoy this combination of developmental interaction and fitness. Tuesdays we'll use strollers in the 'Stroll With Me' class and on Thursdays we'll use a padded floor for core work and stretching during 'Tummy Time'. Begins in February.

5k Training Or Triathlon Training: These classes will equip you with the information and education you need when training for a specific event. You will be educated on everything from nutrition to building your own training schedule. This class will meet together once a week and then you will be on your own or running in groups through out the week depending on everyone's schedule. Come Tuesday January 19th to our informational meetings.

Fit Quest 4 Kids: Fitness classes for Pre-School, Elementary, and Middle School aged children. There will be 15 minutes of a life lesson, 30 minutes of workout, and 15 minutes of nutrition incorporated into each class. Each class meets twice a week. Registration will begin mid January.