# August Fitness Class Schedule 2017

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<th>Monday</th>
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<td>Circuits Silver Sneakers</td>
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<tr>
<td>Family Gung Fu TRX</td>
<td>Cardio-Kick Jr. Gung Fu Yoga-Flow</td>
<td>Hardcore Spin</td>
<td>Jr. Gung Fu Kickboxing &amp; Core</td>
<td>TRX</td>
<td>Fitness Center CLOSES at Noon!</td>
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<td>Silver Sneakers Challenge Kung Fu</td>
<td>Chair Yoga Gung Fu</td>
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<td>Challenge Kung Fu Spin Yoga-Stretch</td>
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<td>Fitness Center closes at 5pm!</td>
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**Family Life Center Hours**

- **Monday, Tuesday & Thursday**
  - 5:30am - 8:00pm
- **Wednesday**
  - 5:30am - 7:00pm
- **Friday**
  - 5:30am - 5:00pm
- **Saturday**
  - 8:00am - 12(noon)

**Childcare Hours**

- **Monday - Friday**
  - 8:15 - 11:30am
- **Mon, Tues & Thursday**
  - 5:45 - 8:00pm

See back for class descriptions, locations and instructors
Elements of Pilates, Yoga, & Ballet to sculpt the body & work the muscles to exhaustion. Low-impact workout, great for improving core strength, posture, and flexibility. No dance experience required!

**Cardio Kick** - (Rm C203 - Whitney) High intensity kickboxing on a heavy bag. Ramp up your heart rate with this high intensity class.

**Chair Yoga** - (Rm C201 - Jennifer/Whitney) Yoga & Stretching incorporating a chair. Increase balance and ease of movement with this class.

**Challenge Kung Fu** - (Rm C009-Casey) A special needs Kung Fu class (Limited to 7 students) PLEASE HELP SPREAD THE WORD!

**Circuits** - (Rm C004 - AM - Dan / PM - Stacy) 1 and 2 minute intervals consisting of cardio and strength stations.

**Core & More** - (Rm C004 - Stacy) A class that combines whatever it takes to warm up and get your sweat on; focuses on abs, every time!

**CSI (Cardio Strength Interval)** - (Rm C203 - AM - Dan / PM - Stacy) A class using a variety of strengthening & toning equipment, combined with all types of cardio.

**Family Gung Fu** - (Rm C009-Casey) Kung Fu-based martial arts for home-schoolers (elementary - teen) & parents too!

**Ground & Pound** - (Rm C203 - Dan) A 30-minute Mixed Martial Arts (MMA) inspired full body workout (formerly called Cage Fitness).

**Gung Fu** - (Rm C009-Casey) (age 13 & up) / Jr. Gung Fu - (Rm C009) (age 6 - 12) Real Kung Fu, Real World application, direct lineage to the masters.

**Gung Fu Competition Training** - (Rm C009 - Casey) Competition/tournament training, in Gung Fu (Kung Fu/Southern Chinese boxing) for those 13 years and older.

**Hardcore Spin** - (Rm C004 - Whitney) This class increases heart rate for higher calorie burn, in combination with abdominal strength to tone & tighten the core.

**Kickbox Fusion** - (Rm C203 - Stacy) Kicking and punching bag with circuits with some cardio circuits.

**Kickboxing / TRX** - (Rm C203 / Little Gym- Whitney) This class alternates each week. Cardio kickboxing or TRX. Bring your gloves.

**Kickboxing & Core** - (Rm C203 - Jennifer) A fusion of boxing, martial arts, aerobics, & core. Get a total body workout while utilizing a variety of punches & kicks.

**Little Mantis** - (Rm C009 - Casey) Ages 3 - 5yrs. Kung Fu basics: balance, confidence good manners/discipline .Parent/guardian must be present for class. **(6:00 or 6:30)**

**ReFit** - (Middle School Room - Vicki) A unique dance aerobics class designed for beginners and fitness enthusiasts alike.

**RENEW** - (Main Worship Center) This is our mid-week praise and worship service. All are welcomed to join us. Children & youth classes are also offered.

**Run for God** - (Rm C002 - Dan) A 12 week class that combines Bible study, discussions on the best way(s) to run/walk and a training plan to prepare for a 5K on Nov.11!

**Silver Sneakers** - (Rm C205 - Whitney) Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**Spin** - (Rm C004 - Whitney) Spin uses stationary bikes, imaginary moves, and intense intervals to burn up to 600 calories per class! Come ride with us!

**Step-n-Sculpt** - (Rm C203 - Casey) 60 minutes of calorie burning cardio mixed with intervals of body sculpting. This class is fun & challenging, all at the same time.

**Tactix** - (Rm C203 - Casey) An intense “all over” workout that utilizes partner drills & martial art movements that includes strength, cardio & endurance training.

**Total Body Sculpt** - (Rm C203 - Whitney) Overall strengthening and toning using weights and or body weight with bursts of cardio to up the heart rate & torch fat.

**TRX** - (Little gym - Whitney) Suspension training to strengthen, shape & define your body. TRX is a strength conditioning flowing from one exercise to another.

**Yogalates** - (Rm C203 - Tues - Debbie / Thurs - Catherine) A mixture of Yoga & Pilate’s. Balance, strength, coordination & core. Work on making your body stronger.

**Yoga Flow** - (Rm C201 - Jennifer) Class emphasizes breath/body movement. Poses are held, but focus is on developing body control.

**Yoga Stretch** - (Rm C203 - Debbie) Class focuses on basic poses that work on balance, coordination, strength and flexibility. Great class for beginners and seniors.

**Zumba** - (Rm C201 - Debbie) (Ladies only) Combines high energy & motivating music with Latin-inspired moves that allow participants to dance away calories & stress!