

FAMILY LIFE CENTER WEEKLY SCHEDULE

Hours of Operation:

Monday, Tuesday, & Thursday: 6 am - 9 pm

Wednesday & Friday: 6 am - 3 pm

Saturday & Sunday: Closed

Church Office: 982-5531

FLC Desk: 982-4898

MONDAY

9:00 -10:00 am	Devoted Fitness
12:00-1:00 pm	Stay Active Independent Life
6:00 pm	Equipment Orientation
6:00-7:00 pm	Zumba Fitness
7:00-9:00 pm	Volleyball
7:30-8:30 pm	Christian Mind/Body Exercise

TUESDAY

12:30-1:30 pm	Stay Active Independent Life
5:30-6:30 pm	Zumba Fitness
6:45-7:45 pm	Devoted Fitness

WEDNESDAY

9:00-9:30 am	Toning/Strengthening Class
9:30-10:30 am	Zumba Fitness
3:00 pm	FLC CLOSES

THURSDAY

12:00-1:00 pm	Stay Active Independent Life
5:30-6:30 pm	Zumba Fitness

FRIDAY

9:00-9:30 am	Toning/Strengthening Class
9:30-10:30 am	Zumba Fitness
12:30-1:30 pm	Stay Active Independent Life
3:00 pm	FLC CLOSES

SATURDAY & SUNDAY

FLC CLOSED

Applicable fitness class fees are payable to the instructor.

WEIGHT ROOM

Before using the Weight Room equipment, all participants MUST complete an equipment orientation class offered at 6pm on the second and fourth Monday of each month. Anyone of the age 15, 16, or 17 MUST be accompanied by an adult 18 years of age or older and both must have completed the mandatory orientation.