

# 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**

9:00-9:45 am	Keola Fit
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.

All participants using the Weight Room MUST complete an equipment orientation class offered at 6 p.m. on the second and fourth Monday of each month before using the equipment. 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.