

Fall Fitness Class Schedule 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 Free-style Circuits Silver Sneakers	8:30 Barre Total Body Sculpt	8:30 Silver Sneakers TRX	8:30 Barre Total Body Sculpt	8:30 H.I.I.T. or MISS Silver Sneakers	
9:30 TRX	9:30 Cardio-Kick	9:30 Core & Cardio	9:30 Jr. Gung Fu	9:30 TRX	10:00 Refit
9:45 Tai Chi	Jr. Gung Fu Yoga-Flow	10:00 Senior Bible Study	Stretch & Tone	9:45 Tai Chi	
10:30 Challenge Kung Fu Silver Sneakers	10:30 Chair Yoga Gung Fu	10:30 Silver Sneakers	10:30 Challenge Kung Fu Spin Yoga-Stretch	10:30 Gung Fu Silver Sneakers	Fitness Center CLOSSES at Noon!
<i>Autumn Blessings</i>		5pm Gung Fu Comp Train		Fitness Center closes at 5pm!	
6pm Little Mantis (6pm or 6:30) Kickboxing Monday Nite Burn	6pm Jr. Gung Fu MITT Spin	6pm Gung Fu 	6pm Jr. Gung Fu HIIT		
7pm Stretch & Tone Tactix	7pm Cardio Burn Gung Fu Refit Yogalates	7pm RENEW	7pm Gung Fu Yogalates		

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)

Phone: (336) 993-6226

Childcare Hours

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



FIRSTCHRISTIAN
 KERNERSVILLE

We also invite you to any of our Sunday services @ 8:30, 9:45 or 11:00am !

Fitness Class Descriptions



Barre - (Rm C201 - Jennifer) Fusion of Yoga, Pilates, and Barre exercises to build strength and muscular endurance. Low-impact movements with a focus on proper posture, core stability, and stretching.

Cardio Burn - (Rm C004 - Whitney) Intervals of cardio and strength training using varieties of equipment and body weight exercises.

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) Incorporates seated and standing yoga poses and stretching, utilizing the chair for balance. Great class for seniors!

Challenge Kung Fu - (Rm C009 - Casey) A special needs Kung Fu class (Limited to 7 students)

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

Free-style Circuits - (Rm C004 - Casey) Minute and a half to 2 minute intervals consisting of cardio and strength stations that you choose/create!

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.

H.I.I.T. - (Rm C203 - Dale) A class that combines whatever it takes to warm up and get your sweat on; sure to be a "hiit", every time! Instructor's choice/surprise!!!

H.I.I.T. or MISS - (Rm C203 - Dan) A class that will work you at whatever fitness level you are...from high intensity to as low as you need to go to give you what you need!

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)**

MITT - (Rm C203 - Debbie) A "mid intensity" class using weights and/or body weight to tighten & tone your whole body!

Monday Nite Burn - (Rm C004 - Dan) 10 - 15 minutes of cardio to get your metabolism ignited to truly burn during and after this new "pumping/toning" fitness class. Whether you want to trim down or bulk up and see gains...this class can be a great start to your week!

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.

Silver Sneakers - (Worship Center - Whitney) Have fun & move to music with a variety of exercises that increase muscular strength, range of movement, & activity for daily life.

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!

Stretch & Tone - (Rm C201 - Whitney) Strengthening your core & stabilizing muscles through isometric movements & stretching to build long lean muscle.

Tactix - (Rm C009 - Casey) An "adult only" class that teaches practical joint locking & self defense techniques while integrating some MMA exercises.

Tai Chi - (Rm 203 - Casey) Self-paced series of gentle physical exercises & stretches that flow together with minimal pause between; slow constant motion.

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 - (Main Worship Center - Whitney/Dan) Suspension training to strengthen, shape & define your body. Strength conditioning, flowing from one exercise to another.

Yogalates - (Rm C203 - Whitney) A mixture of Yoga & Pilate's. Balance, strength, coordination & core. Work on making your body stronger.

Yoga Flow - (Rm C201 - Jennifer) Utilizes yoga postures with a focus on proper alignment and body control. Challenges balance and flexibility, flowing breath with movement. All levels welcome!

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