



# Spring Fitness Class Schedule 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8:30</b> Free-style Circuits Silver Sneakers	<b>8:30</b> Barre Total Body Sculpt	<b>8:30</b> Silver Sneakers TRX	<b>8:30</b> Barre Total Body Sculpt	<b>8:30</b> CSI Silver Sneakers	<b>8:30</b> Yoga
<b>9:30</b> TRX <b>9:45</b> Tai Chi	<b>9:30</b> Cardio-Kick Jr. Gung Fu Yoga-Flow	<b>9:30</b> Hardcore Spin <b>10:00</b> Senior Bible Study	<b>9:30</b> Jr. Gung Fu Kickboxing & Core Stretch & Tone	<b>9:30</b> TRX <b>9:45</b> Tai Chi	<b>10:00</b> Refit
<b>10:30</b> Challenge Kung Fu Silver Sneakers	<b>10:30</b> Chair Yoga Gung Fu	<b>10:30</b> Silver Sneakers Yoga	<b>10:30</b> Challenge Kung Fu Spin Yoga-Stretch	<b>10:30</b> Open Mat Silver Sneakers	<b>Fitness Center CLOSES at Noon!</b>
		<b>5pm</b> Gung Fu Comp Train Mom's "LIFT"		<b>Fitness Center closes at 5pm!</b>	
<b>6pm</b> Little Mantis (6pm or 6:30) Workout w/Stacy <b>6:15pm</b> Kickboxing	<b>6pm</b> Jr. Gung Fu Spin Workout w/Stacy Zumba	<b>6pm</b> Gung Fu  Run for God (starting April 11th)	<b>6pm</b> Jr. Gung Fu Workout w/Stacy		
<b>7pm</b> Stretch & Tone Jujitsu / Self Defense	<b>7pm</b> Gung Fu Refit TRX Yogalates	<b>7pm</b> <b>RENEW</b> *Run for God training immediately after RENEW (30 mins.)	<b>7pm</b> 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 & 11am!**