

Fitness Class Schedule *denotes childcare availability

Monday

*9AM: Step & Tone

12:00noon: Powerflex

5:15PM: B.L.T.

Tuesday

9AM: Mix It Up

5:30PM: Zumba

Wednesday

*9AM: Move-n-Tone

12:00noon: Powerflex

Thursday

9AM: Flow

5:30PM: Zumba

Friday

*9AM: Spin

12:00noon: Powerflex

Class Fees

\$5 per class or \$25 per month (for unlimited classes without childcare)

\$35 per month – (add \$5 for each additional child) for fitness classes combined with childcare

Childcare Hours & Fees

Monday - Friday from 8:45AM-10:45A<

Cost is \$6 per child per visit or \$35 a month (1child) add \$5 for each additional child

Reservations for childcare are recommended to secure a spot. Drop-ins are welcome if space is available. Childcare is only for members or guests working out at the FLC.

For questions or additional information please contact the FLC at 713-365-6319.

FITNESS CLASS DESCRIPTION

Step & Tone: Use of the step and resistance training makes this a fun and perfect combination of cardiovascular conditioning and muscle toning.

Move-n-Tone: Experience the joy of moving to music with dance exercise while improving your level of fitness and burning lots of calories. Finish with muscle toning and core work. This is a fun and energetic class with no dance experience necessary.

Zumba! A fun, exhilarating, effective, easy-to follow, Latin inspired, calorie burning dance fitness class. No dance experience necessary.

Spin: A low impact, time efficient, intense workout on the Star Trac bikes. Be ready for a massive calorie burn! Bring a water bottle and towel. Class size is limited. First come first serve.

Powerflex: The ultimate muscle toning workout! Sculpt, shape & build great muscle tone in this awesome total-body workout. To make lasting changes to your body's shape & strength, weight training is the key & this is the most exciting way to get it done. Express Muscle Sculpt: Build lean muscle that aids in burning fat. This 30 minute class follows Friday morning spin so if not attending spin then please warm up for 10 minutes prior to the start of the class.

Flow: Reduce stress, improve flexibility, strengthen & firm muscles and help protect the body from injuries. It has the flexibility and strength of Yoga without the philosophy. A great class set to Scripture and praise music to help you relax and focus on the Father.

Mix It Up: Need to mix up your workout routine? In this class you never know what is scheduled for the day. (Powerflex, Pilates, Step, Move-n-Tone, Cardio and/or Stretching).

B.L.T. : The BLT is a 40 minute workout specifically targeting the buns, legs and thighs, while incorporating core strength and abdominal work. Stay for an additional 15 minutes for Plus which will be upper body muscle sculpting.

*****Please work-out at your own fitness level and pace. Classes are multi-level and can be adapted for all fitness levels. Some aerobic classes may not be suitable for senior adults or those with limited mobility. If unsure, please talk with the instructor before beginning a class*****

Updated 01/04/12