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713-365-6313 www.second.org
Second Baptist Church—North Campus
Family Life Center

SECOND * FIT III

Spring 2018

Group Exercise Schedule

Class Descriptions:

RevFit—The goal of this class is to improve our lives by becoming healthy, whole, and free! You will explore a variety of cardio and strength moves. Be ready to march to a beat of a different drummer.

Holy Yoga—In this class we hold gentle postures that aid in releasing stress, tension, and pain that the body is holding onto. By connecting the breath and movement, you will experience a wholeness in your entire body. Body, mind, soul, and spirit will leave feeling renewed and encouraged!

HIIT— A total body workout utilizing resistance and cardio training, combining High Intensity Interval Training.

Flex & Tone—This workout will get you sweating with various exercises to increase your flexibility, movement, and strength.

Circuit Training—This class with multiple exercise stations in the weight room focuses on different muscle areas and components of fitness to give you an all over body sculpt.

Piloxing—This class incorporates the agility of boxing with the muscle toning of Pilates for a fat-burning workout that will leave you feeling empowered!

Be Whole—The complete class for the spirit and body. Including our LORD, stability, strength and power exercises. This class will get you revved up for the weekend!

A.M. & P.M. Warrior— In this class, you set up your station with the weights you need and the instructor will lead you through fat-burning cardio with lean strength building exercises. This class challenges the traditional ideas of fitness to help you reach your healthy goals in a motivating and inspiring environment.

FLC INFO

DID YOU KNOW...??

- ◇ We have Adults Sports, Kid sports, Personal Training, Fitness Classes, Childcare, and a Walking Club
- ◇ Fees for group fitness classes—church members—\$15/month, non-church members \$30/month includes access to weight room
- ◇ Individual, 2 & 3 person Personal Training available. Prices vary. See pricing on back side of this sheet.
- ◇ Gym hours: Monday—Thursday 5:30 am—9:00 pm, Fridays 5:30 am—8:00 pm, and Saturdays 7:00am-Noon
- ◇ Childcare Hours are Monday thru Friday 8:45 am—10:45 am

FLC FITNESS STAFF/INSTRUCTORS

Jamie Allgood, Crystal Ayres, Jordan Cravens, Michelle Johnson, Nikki Peoples,
Lisa Stults (Fitness Director), Susan Vail, Cheryl Wagaman

Group Exercise Schedule



Monday

5:30am—A.M. Warrior with Crystal A
 9:30am—Flex & Tone with Jamie A
 12:00—Piloxing with Michelle J
 5:30pm— P.M. Warrior with Jordan C

Tuesday

9:30am— Holy Yoga with Cheryl W
 12:00—Circuit Training with Lisa S
 7:00pm—RevFit with Susan V

Wednesday

5:30am—A.M. Warrior with Crystal A
 12:00—HIIT with Michelle J
 5:30pm—P.M. Warrior with Jordan C

Thursday

9:30am—Holy Yoga with Cheryl W
 12:00—Holy Yoga with Cheryl W
 7:00pm—Flex & Tone with Kantrell P

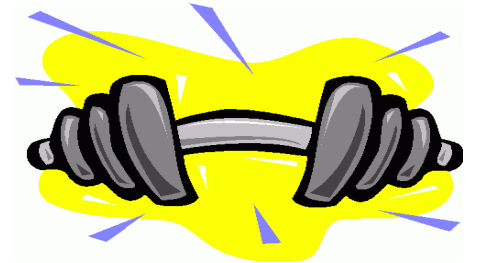
Friday

5:30am—A.M. Warrior with Crystal A

Saturday

8:00am—Be Whole with Susan V

- ◇ Please workout at your own fitness level and pace. Classes 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 or Fitness Director before beginning a class.
- ◇ When possible, please be on time.... To get the most out of the workout, some of formats require some instruction at the start. Please be on time & don't miss out!
- ◇ Please be considerate—Talking in class makes it hard for everyone to hear. We love that you love to catch up, but...Please help reduce the distraction & save our instructors' vocal chords by keeping one-on-one conversations outside of class. Thank you!



Personal Training Fees

<u>Individual Packages</u>	<u>55 minute</u>	<u>30 minute</u>
One—session	\$50	\$30
Five—Sessions	\$230	\$130
Ten – Sessions	\$440	\$240
<u>Two Person Packages</u>	<u>55 minute only</u>	<u>Per person</u>
One session	\$80	\$40
Five sessions	\$330	\$165
Ten sessions	\$600	\$300
<u>Three person packages</u>	<u>55 minute only</u>	<u>Per person</u>
One session	\$105	\$35
Five sessions	\$450	\$150
Ten sessions	\$750	\$250