

Fitness Class Schedule *denotes childcare availability

Monday

*9:00 am: Step & Tone
12:00 noon: Powerflex
5:30 pm: B.L.T.

Tuesday

*9:00 am: Pilates-flex
5:30pm: Zumba!
6:00 pm: Spin

Wednesday

*9:00 am: Move-n-Tone
12:00 noon: Powerflex

Thursday

*9:00 am: Flow
5:30 pm: Move-n-Tone
5:30pm: Zumba!
6:00 pm: Spin

Friday

*9:00 am: Spin
12:00 noon: Powerflex

Class Fees

\$5 per class or \$25 per month (for unlimited classes)
\$35 per month with childcare – (add \$5 for each additional child)

Childcare Hours & Fees

Monday through Friday from 8:45am-10:45am

Cost is \$5 per child per visit or \$25 a month (1st child) 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.

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.

Pilates-flex: An awesome blend of two workouts that compliment each other: Pilates and flexible strength. Increase your strength and flexibility, tighten and flatten your abs, firm your hips, glutes and thighs by working the core.

B.L.T. : Workout specifically targeting the buns, legs and thighs, while incorporating core strength and abdominal work. For those who want tight abs and glutes, lean thighs and long shapely legs this class tones muscles, maximizes core strength, and increases flexibility. This 40 minute class is fun and challenging.

*****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 or Fitness Director before beginning a class*****