

## **Fitness Class Schedule** \*denotes childcare availability

### **Monday**

\*9:00-9:55am - Step & Tone – Valerie

12:00-12:45pm – Powerflex – Leesia

5:30-6:15pm- Powerflex - Shelly

6:30-7:30pm – Spin – Shelly

### **Tuesday**

9:00-9:45am – Mat Pilates – Valerie

### **Wednesday**

\*9:00-10:00am – Spin – Valerie

12:00-12:45pm – Powerflex – Leesia

### **Thursday**

9:00-9:45am - Yoga Praise -Leesia

5:30-6:15pm – Powerflex – Michele

6:30-7:25pm- Spin – Shelly

### **Friday**

\*9:00-10:00am- Body Blast- Leesia

12:00-12:45pm – Powerflex – Leesia

### **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, Wednesday, Friday from 8:45am-10:45am

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. This is a multi-level class.

**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.

**Body Blast** -Cardio and muscle sculpting combined. A multi-level class using a variety of low/hi impact drills, step aerobics, interval training, and resistance training using hands weights, tubes & bands to give you a complete workout!

**Yoga Praise**— Reduce stress, improve flexibility, strengthen & firm muscles and help protect the body from injuries. A great class set to Scripture and praise music to help you relax and focus on the Father.

**Mat Pilates**— Increase your strength and flexibility, tighten and flatten your abs, firm your hips, glutes and thighs by working the center of your “powerhouse”. A multi-level class for all ages.

**\*\*\*Please work-out at your own fitness level and pace. 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\*\*\***

-