



# August Fitness Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	GYM HOURS
<u>9:00</u> Silver Sneakers	<u>9:00</u> "On Your Own" Water Aerobics	<u>9:00</u> Silver Sneakers Tai Chi	<u>9:00</u> "On Your Own" Water Aerobics	<u>9:00</u> Silver Sneakers		<u>Mon., Tues. &amp; Thurs.</u> 6:30am - 8:00pm
<u>10am - 12pm</u>  Open Swim	<u>10am - 12pm</u>  Open Swim	<u>10am - 12pm</u>  Open Swim	<u>10am - 12pm</u>  Open Swim	<u>10am - 12pm</u>  Open Swim	<u>9:30am - 12pm</u>  Open Swim	<u>Wednesday</u> 6:30am - 6:15pm
<u>10:30</u> Silver Sneakers		<u>10:30</u> Silver Sneakers		<u>10:30</u> Silver Sneakers	<b>Fitness Center CLOSES at Noon!</b>	<u>Friday</u> 6:30am - 6:30pm
	<u>5:00pm</u> Jr Gung Fu			<b>Fitness Center closes at 6:30pm!</b>		<u>Saturday</u> 8:00am - Noon
	<u>6:00pm</u> Gung Fu Total Body		<u>6:00pm</u> Kettle Rx	Phone: (336) 993-6226 / Website: <a href="http://www.thecrossingnc.com">www.thecrossingnc.com</a>  		<b>CLOSED SUNDAY</b>
		<u>6:00 - 7:30pm</u>  RENEW Lite				

**We also invite you to either of our Sunday Services 9:00 & 10:30am!**



# Fitness Class Descriptions



**Gung Fu** - (Rm C009 - Casey) (age 13 & up) / **Jr. Gung Fu** - (Rm C009) (age 5 - 12) Real Kung Fu, Real World application, direct lineage to the masters.

**KettleRx** - (Little Gym - Whitney) Using a combination of kettle bells & TRX suspension strap regiment for an ultimate cardio and strength workout!

**RENEW Lite**- (Fellowship Hall - Ed Nall) This is our summer mid-week fellowship and fun evening.. All are welcomed to join us.

**Silver Sneakers** - (MWC - Cathi) Have fun & move to music with a variety of exercises that increase muscular strength, range of movement, & activity for daily life.

**Silver Seekers** - (MWC - Dan) A 25 minute encouraging devotion/thought with discussion and prayer for your mid-week! Timed between the Silver Sneaker classes!

**Total Body** - (Rm C203 - Whitney) Overall strengthening and toning using weights and or body weight with bursts of cardio to up the heart rate & torch fat.

**Tai Chi** - (Rm C201 - Casey) Self-paced series of gentle physical exercises & stretches that flow together w/minimal pause between; slow constant motion.

