



December Fitness Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	GYM HOURS
<u>9:00</u> Silver Sneakers		<u>9:00</u> Silver Sneakers		<u>9:00</u> Silver Sneakers	<div>Open Swim</div> <div>Only on:</div> <div>Dec. 6</div> <div>&</div> <div>Dec. 13</div> <div>9:30 - Noon</div>	<u>Mon., Tues. & Thurs.</u> 6:30am - 8:00pm
<div>Merry</div>		<u>10:00</u> Silver Seekers Encouragement	<div>Christmas</div>			<u>Wednesday</u> 6:30am - 6:15pm
						<u>Friday</u> 6:30am - 6:30pm
<u>10:30</u> Silver Sneakers		<u>10:30</u> Silver Sneakers		<u>10:30</u> Silver Sneakers	<div>Fitness Center</div> <div>CLOSES @ Noon</div>	<u>Saturday</u> 8:00am - Noon
	<u>5:00pm</u> Jr Gung Fu			<div>Fitness Center</div> <div>closes at</div> <div>6:30pm</div>	<div>Merry Christmas</div> <div>Be Strong</div> <div></div>	<div>CLOSED</div> <div>SUNDAY</div>
	<u>6:00pm</u> Gung Fu Total Body		<u>6:00pm</u> Kettle Rx	<div>Phone: (336) 993-6226 / Website: www.thecrossingnc.com</div> <div>(336) 996-7388</div>		

NOTE END OF 2025 & 1st of 2026 CLOSING/HOURS...

CLOSED: Wed (Dec. 24) thru Thurs (Jan. 1)

Fitness Center will reopen on Friday (Jan. 2) at 6:30am



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!

Open Swim - (Pool) Family swim or whomever would like to take advantage of lifeguard on deck, swim for FLC members/paying guests **ONLY Sat. Dec. 6 & 13**

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

Silver Seekers - (Lobby - 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.

A large graphic for the month of December. The word 'DECEMBER' is written in large, white, 3D block letters. It is surrounded by a dense field of blue and white snowflakes of various sizes, creating a winter theme.

DECEMBER