



February Fitness Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	GYM HOURS
9:00 Silver Sneakers		9:00 Silver Sneakers		9:00 Silver Sneakers		Mon., Tues. & Thurs. 6:30am - 8:00pm Wednesday 6:30am - 6:15pm Friday 6:30am - 6:30pm Saturday 8:00am - Noon
		10 :00 Silver Seekers Encouragement				
10:30 Silver Sneakers		10:30 Silver Sneakers		10:30 Silver Sneakers	CLOSES at Noon	
	5:00pm Jr Gung Fu	5:00pm Wed. Night Meal		CLOSES at 6:30pm		CLOSED SUNDAYS
	6:00pm Gung Fu Total Body	Fitness Center CLOSES at 6:15pm	6:00pm Kettle Rx	Phone: (336) 993-6226 / Website: www.thecrossingnc.com or (336) 996-7388		
		6:30pm RENEW				



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

Meal & RENEW - This is our mid-week praise/worship & study service for adults & teens and an evening of classes for children, as well!

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 or C004 - 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 February. The word 'FEBRUARY' is written in large, white, 3D block letters with a slight shadow. The text is set against a background of a soft pink gradient, scattered with numerous small red hearts and red rose petals of various sizes, creating a festive and romantic atmosphere.

FEBRUARY