



January Fitness Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>9:00</u> Silver Sneakers		<u>9:00</u> Silver Sneakers		<u>9:00</u> Silver Sneakers	
		<u>10 :00</u> Silver Seekers Encouragement			
<u>10:30</u> Silver Sneakers		<u>10:30</u> Silver Sneakers		<u>10:30</u> Silver Sneakers	Fitness Center closes at Noon!
* NOTE * We will be CLOSED on Mon., Jan.19 to observe Martin Luther King, Jr. Day	<u>5:00pm</u> Jr Gung Fu				HAPPY NEW YEAR
	<u>6:00pm</u> Gung Fu Total Body	Fitness Center closes at 6:15pm!	<u>6:00pm</u> Kettle Rx	Phone: (336) 993-6226 / Website: www.thecrossingnc.com or (336) 996-7388	
		<u>6:30pm</u> RENEW			

GYM HOURS

Mon., Tues. & Thurs.

6:30am - 8:00pm

Wednesday

6:30am - 6:15pm

Friday

6:30am - 6:30pm

Saturday

8:00am - Noon

**CLOSED
SUNDAYS**



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!

RENEW - (Main Worship Center) 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.

The word "JANUARY" is written in large, white, 3D block letters. It is set against a background of a dense, horizontal arrangement of pine branches with small white flowers or berries, creating a festive winter theme.