



# January 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		<u>Mon., Tues. &amp; Thurs.</u> 6:30am - 8:00pm
		<u>10:00</u> Silver Seekers Encouragement				<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
<b>* NOTE *</b> We will be <b>CLOSED</b> on <u>Mon., Jan. 19</u> to observe <i>Martin Luther King, Jr. Day</i>	<u>5:00pm</u> Jr Gung Fu					<u>Saturday</u> 8:00am - Noon
	<u>6:00pm</u> Gung Fu Total Body	<b>Fitness Center closes at 6:15pm!</b>	<u>6:00pm</u> Kettle Rx		Phone: (336) 993-6226 / Website: <a href="http://www.thecrossingnc.com">www.thecrossingnc.com</a> or (336) 996-7388	<b>CLOSED SUNDAYS</b>
		<u>6:30pm</u> 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!

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, bold, white capital letters. The letters are partially obscured by a dense, dark gray pine wreath that frames the text. The wreath is composed of many thin, needle-like branches.