



July 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. & Thurs.</u> 6:30am - 8:00pm
<u>10am - 12pm</u> Open Swim	<u>10am - 12pm</u> Open Swim	<u>10 :00</u> Silver Seekers Encouragement Open Swim	<u>10am - 12pm</u> Open Swim	<u>10am - 12pm</u> Open Swim	<u>10am - 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	Fitness Center CLOSES at Noon!	<u>Friday</u> 6:30am - 6:30pm
<div> <div>Closed for 4th of July</div> <div> </div> </div>	<u>5:00pm</u> Jr Gung Fu			Fitness Center closes at 6:30pm!		<u>Saturday</u> 8:00am - Noon
	<u>6:00pm</u> Gung Fu Total Body		<u>6:00pm</u> Kettle Rx			
		<u>6:00 - 7:30pm</u> RENEW Lite				

Phone: (336) 993-6226 / Website: www.thecrossingnc.com



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.

