



July Fitness Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	GYM HOURS
9:00 Silver Sneakers	9:00 "On Your Own" Water Aerobics	9:00 Silver Sneakers Tai Chi	9:00 "On Your Own" Water Aerobics	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
10am - 12pm Open Swim	10am - 12pm Open Swim	10 :00 Silver Seekers Encouragement Open Swim	10am - 12pm Open Swim	10am - 12pm Open Swim	10am - 12pm Open Swim	
10:30 Silver Sneakers		10:30 Silver Sneakers		10:30 Silver Sneakers	Fitness Center CLOSES at Noon!	
Closed for 4th of July 	5:00pm Jr Gung Fu			Fitness Center closes at 6:30pm!		CLOSED SUNDAY
	6:00pm Gung Fu Total Body		6:00pm Kettle Rx			
		6:00 - 7:30pm 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.

