



June Fitness Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
<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>11:00</u> Silver Sneakers		<u>11:00</u> Silver Sneakers		<u>10:30</u> Silver Sneakers
	<u>5:00pm</u> Jr Gung Fu			
	<u>6:00pm</u> Gung Fu Total Body		<u>6:00pm</u> Kettle Rx	

**SUMMER
GYM HOURS**

Mon., Wed. & Fri.

8am - 6pm

Tues. & Thurs.

8am - 8pm

**CLOSED
SATURDAY
&
SUNDAY**

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!

Silver Sneakers - (MWC - Sheila/Angela) Have fun & move to music with a variety of exercises that increase muscular strength, range of movement, & activity.

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.

