



# March 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		<b>Mon., Tues. &amp; Thurs.</b> 6:30am - 8:00pm
		<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	<b>CLOSES at Noon</b>	<b>Friday</b> 6:30am - 6:30pm
	<u>5:00pm</u> Jr Gung Fu	<u>5:00pm</u> Wed. Night Meal		<b>CLOSES at 6:30pm</b>		<b>CLOSED SUNDAYS</b>
	<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		
		<u>6:30pm</u> <b>RENEW</b>				

**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!

**Meal & RENEW** - 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.

