



October Fitness Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	GYM HOURS
<u>6:30 - 8am - Lap S</u> <u>9:00</u> Kickboxing Silver Sneakers		<u>6:30 - 8am - Lap S</u> <u>9:00</u> Silver Sneakers		<u>6:30 - 8am - Lap S</u> <u>9:00</u> Silver Sneakers		<u>Mon., Tues. & Thurs.</u> 6:30am - 8:00pm <u>Wednesday</u> 6:30am - 6:15pm <u>Friday</u> 6:30am - 6:30pm <u>Saturday</u> 8:00am - Noon
	<u>10am - 12pm</u> Open Swim		<u>10am - 12pm</u> Open Swim		We hope to have a lifeguard Sat, soon!	
<u>10:30</u> Silver Sneakers		<u>10:30</u> Silver Sneakers		<u>10:30</u> Silver Sneakers	Fitness Center CLOSES at Noon!	
	<u>5:00pm</u> Jr Gung Fu			Fitness Center closes at 6:30pm!		CLOSED SUNDAY
	<u>6:00pm</u> Gung Fu Total Body		<u>6:00pm</u> Kettle Rx	Phone: (336) 993-6226 / Website: www.thecrossingnc.com		
		<u>6:30 - 7:30pm</u> RENEW				

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!

Kickboxing - (C004 - Whitney) Bringing it back on Monday mornings, for the month of September!

Lap S - (Pool) One or Two lanes will be open for morning lap swimming.

Open Swim - (Pool) Family swim or whomever would like to take advantage of lifeguard on deck, swim for FLC members/paying guests

RENEW - (Main Worship Center/locations around campus) This is our new mid-week small group 6 week study. 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.

****Water Aerobics** - (Pool - Instructor TBD) We are hoping and planning to have Water Aerobics back and running with a certified instructor by **November**.

