



# CLASS SCHEDULE



**CLASSES HELD AT CHRIST CHAPEL OF BANDERA  
SEE CLASS DESCRIPTIONS AND MAP ON BACK**

## Monday

- 8:30 a.m. Medicine Ball Workout + One-Mile Walk
- 8:30 a.m. Walking With Strength
- 4:00 p.m. Walking With Strength
- 4:00 p.m. Kettlebell Workout
- 4:30 p.m. Kettlebell Workout (**CHILD CARE--FREE**)
- 4:30 p.m. Fit Barre Strengthen and Sculpt (**CHILD CARE--FREE**)
- 5:00 p.m. Fit Barre Tighten and Tone (**CHILD CARE--FREE**)
- 5:30 p.m. Kettlebell Workout (**CHILD CARE--FREE**)

## Tuesday

- 7:30 a.m. Walking With Strength
- 7:30 a.m. Kettlebell Workout
- 8:00 a.m. Fit Barre Following Kettlebell (**CHILD CARE--FREE**)
- 8:30 a.m. Kettlebell Workout (**CHILD CARE--FREE**)
- 9:00 a.m. Fit Barre Following Kettlebell (**CHILD CARE--FREE**)

## Wednesday

- 4:00 p.m. Walking With Strength
- 4:00 p.m. Kettlebell Workout
- 4:30 p.m. Kettlebell Workout
- 4:30 p.m. Fit Barre Strengthen and Sculpt
- 5:00 p.m. Fit Barre Tighten and Tone
- 5:30 p.m. Kettlebell Workout

## Thursday

- 7:30 a.m. Walking With Strength
- 7:30 a.m. Kettlebell Workout
- 8:00 a.m. Fit Barre Following Kettlebell (**CHILD CARE--FREE**)
- 8:30 a.m. Kettlebell Workout (**CHILD CARE--FREE**)
- 9:00 a.m. Fit Barre Following Kettlebell (**CHILD CARE--FREE**)

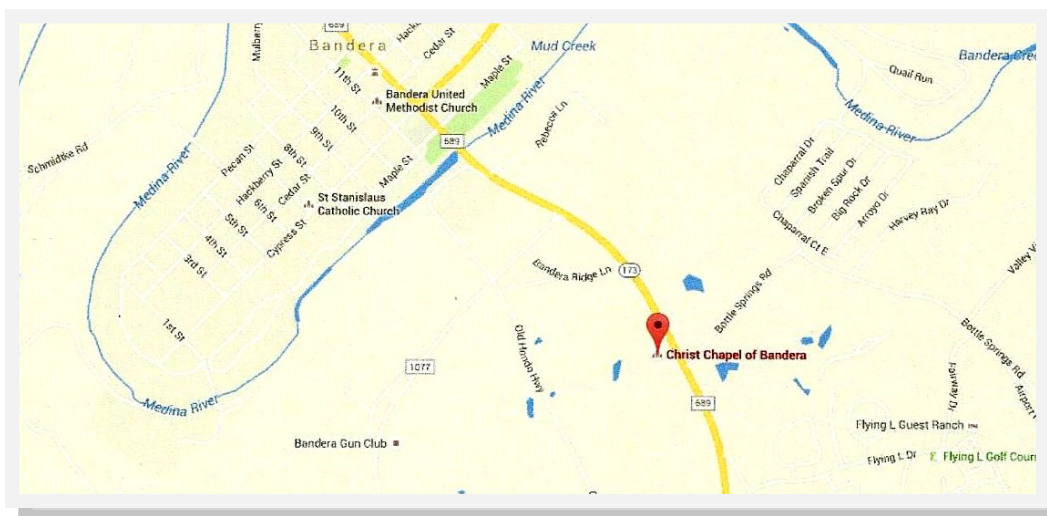
## Friday

- 7:30 a.m. Walking With Strength
- 7:30 a.m. Kettlebell Workout
- 8:00 a.m. Fit Barre Following Kettlebell **OR** Kettlebell Workout (**CHILD CARE--FREE**)
- 8:30 a.m. Fit Barre Advanced (**CHILD CARE--FREE**)

**ALL CLASSES ARE FREE! NOTHING TO BRING--ALL EQUIPMENT PROVIDED!**  
FOR QUESTIONS, CONTACT JACKIE DAVIS AT 817.597.4814 or email:  
contact@firstfruitsliving.com.

# CLASS DESCRIPTIONS

CLASS NAME	DESCRIPTION	LENGTH	FITNESS LEVEL
Medicine Ball + One Mile Walk	Low impact medicine ball workout + one-mile indoor (DVD) walk.	45 min	ALL
Walking With Strength	Low impact (DVD) walk, with strength training utilizing equipment such as weights or resistance bands.	45 min	ALL
Kettlebell Workout	Designed for first time or seasoned KB students. Instructor will tailor movements to suit all fitness levels. High fat loss and strength building.	20-30 min	ALL
BARRE CLASSES			
Fit Barre Strengthen and Sculpt	This class employs a mix of body weight and weight-lifting moves, utilizing hand weights, bands, and balls to strengthen and sculpt the upper body, while our signature Barre moves sculpt the lower body, as well as strengthen the core.	30 min	ALL
Fit Barre Tighten and Tone	This workout utilizes some of our best and most challenging Barre moves to tighten and tone your glutes and hamstrings. We promise to strengthen and minimize your thighs and hips, while defining your abdominal muscles. It's the perfect class for addressing what most women identify as their "problem areas."	30 min	ALL
Fit Barre Advanced	Advanced says it all! This class takes everything we have learned and piles it into one, 50 minute class! Suitable for all fitness levels. Instructor will provide a "shadow" helper for those new to class.	50 min	ALL
Fit Barre Following Kettlebell	This workout is unique to Fit for God and was designed for those who have come directly from a kettlebell workout. Emphasis is strictly placed on lower body Barre movements. This class is also shorter than our traditional Barre workouts.	20 min	ALL



**CHRIST CHAPEL OF BANDERA**  
**844 Highway 173 South**  
**Across river, 3/4 mile on right,**  
**toward Hondo**