



WOMEN'S FITNESS PROGRAM-2018 CLASS SCHEDULE



CLASSES HELD AT CHRIST CHAPEL OF BANDERA
See What to Expect...When to Arrive...and Where to Come on the Back!

Monday

- 8:00 - 9:00 a.m. Medicine Ball + Walk
- 4:00 - 4:30 p.m. Indoor Walking
- 4:00 - 4:30 p.m. Kettlebell
- 4:45 - 5:30 p.m. Barre Level Up (**CHILD CARE**)
- 5:30 - 6:00 p.m. Kettlebell (**CHILD CARE**)
- 6:00 - 6:45 p.m. Barre Level Up (**CHILD CARE**)

Tuesday

- 7:30 - 8:00 a.m. Indoor Walking
- 7:30 - 8:00 a.m. Kettlebell
- 8:00 - 8:20 a.m. Barre Quick Fit (**CHILD CARE**)
- 8:30 - 9:00 a.m. Kettlebell (**CHILD CARE**)
- 9:00 - 9:20 a.m. Barre Quick Fit (**CHILD CARE**)

Wednesday

- 4:00 - 4:30 p.m. Indoor Walking
- 4:00 - 4:30 p.m. Kettlebell
- 4:30 - 5:15 p.m. Barre Level Up

Thursday

- 7:30 - 8:00 a.m. Indoor Walking
- 7:30 - 8:00 a.m. Kettlebell
- 8:00 - 8:20 a.m. Barre Quick Fit (**CHILD CARE**)
- 8:30 - 9:00 a.m. Kettlebell (**CHILD CARE**)
- 9:00 - 9:20 a.m. Barre Quick Fit (**CHILD CARE**)

Friday

- 7:30 - 8:00 a.m. Indoor Walking
- 7:30 - 8:00 a.m. Kettlebell
- 8:00 - 8:20 a.m. Barre Quick Fit (**CHILD CARE**)
- 8:30 - 9:15 a.m. Barre Level Up (**CHILD CARE**)

NOTHING TO BRING--ALL EQUIPMENT PROVIDED!*

(We suggest a voluntary donation of \$2/week from all participants to help us provide no-cost child care to our young moms. THANK YOU!)

**FOR QUESTIONS, CONTACT JACKIE DAVIS AT 817.597.4814
or email: contact@firstfruitsliving.com**

What to Expect

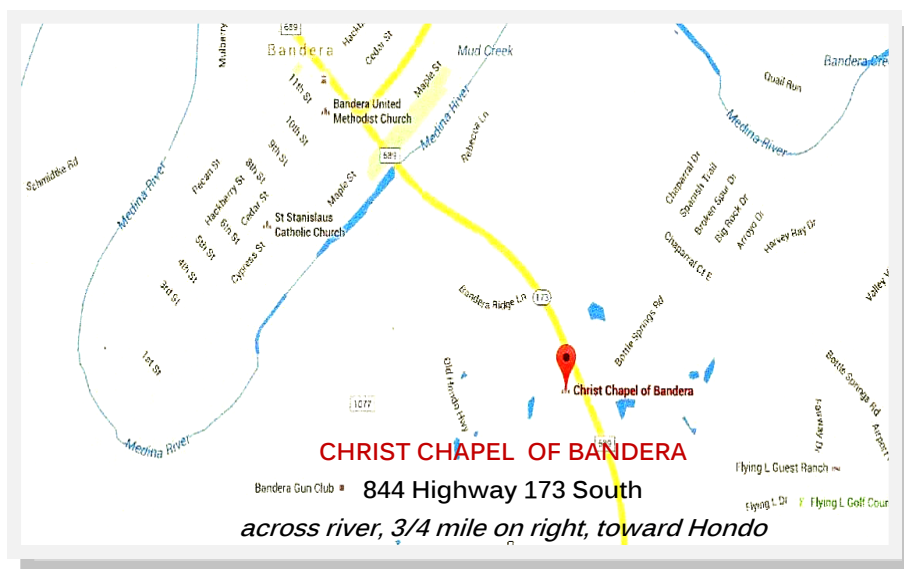
- We believe exercise can be fun and all shapes, sizes, ages, and fitness levels are welcome at **Fit for GOD** and will be comfortable in all classes.
- If you have any injuries or limitations, please let your instructor know. All our instructors offer modifications, personalized adjustments, and encouragement so you can get a great workout, without discomfort.
- Sticky socks are required for barre classes in order to retain your body's heat, as well as to prevent your feet from sliding. (You can bring your own or purchase on-site for \$4.)
- All equipment and mats are provided. Water is also provided and available on-site, at no cost.
- You can **expect** to enter into a friendly, accepting, healthy, and empowering environment.
- You can **expect** to gain confidence and personal strength, while finding motivation and support. You might even make some new friends! We can't wait to meet you!

When to Arrive

- You do not need to call ahead or "book" your classes. Simply plan on arriving 5-10 minutes before class begins. This will allow time for your instructor to get you the right props and equipment and get your space set-up for class. First time attendees will also need to allow time to fill out a short waiver.
- If you are utilizing child care, please plan on arriving 10 minutes prior to class to allow ample time to drop off your child. Child care is located in the church sanctuary and you may enter through the front or side doors.

Where to Come

- All classes are held in the on-site building with the **Fit for GOD sign** in front.
- Once you enter, you will sign-in at the table in the hallway. The fitness studio is located in the "**Fit for GOD Room**" (2nd door on left).



Fit
FOR
GOD

We're not a gym...we're a ministry!
For in HIM we live, and move and exist...Acts 17:28