



**SPORTS &  
WELLNESS  
OUTREACH**  
FIRST BAPTIST CHURCH TRUSSVILLE



# EXERCISE CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15AM	Pilates	Barre Above	Pilates	Barre Above	Step/Core
9:20AM		Total Body Strength		Total Body Strength	
4:30PM	Step/Core				

**\$3 PER CLASS OR \$25 A MONTH**  
(INCLUDES ALL CLASSES)

## PILATES

A form of exercise to promote strength, stability, and flexibility with an emphasis on core.

## BARRE ABOVE

Fuses the very best of Pilates, Aerobics, elements of Ballet, and Strength Training. This class includes modifications for any fitness level and body type.

## TOTAL BODY STRENGTH

An Aerobic and Strength Conditioning workout class that includes Circuit Training, Cardio Exercise, and finishes with Core Training and Stretching for a complete workout.

## STEP W/ CORE AND STRENGTH TRAINING

A fun, challenging full body workout combining cardio and strength training.

**QUESTIONS:**

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