

Fitness Schedule

Fall 2017 Session 2

October 9 – December 16 (9 weeks)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Main Studio						
8:30/9:15 AM	Body Sculpting 8:30-9:30 Lisa Bass	20/15/20 8:30-9:30 Courtney	Body Sculpting 8:30-9:30 Sarah	Cardio Weights 8:30-9:30 Sarah	Body Sculpting 8:30-9:30 Courtney/Lissa	HIIT & Strength 9:15-10:15 Sue
9:45 AM	Weights & Abs 9:45-10:45 Sarah	Barre Sculpt 9:45-10:45 Jenn	Cardio Sculpt 9:45-10:45 Selena	Barre Sculpt 9:45-10:45 Kelley	20/15/20 9:45-10:45 Ashley	
1:00 PM		Tai Chi 1:00-2:00 Patty		Tai Chi 1:00-2:00 Patty		
5:15/6:00 PM	Yoga Stretch 6:00 – 7:00 Bev	Body Sculpting 5:15-6:15 Sue		Body Sculpting 5:15-6:15 Sue		

Olympia Room						
8:15 AM		FlowYoga 8:15 – 9:30 Betsy		Flow Yoga 8:15 – 9:30 Susan		
9:45 AM				Yoga Stretch 9:45 – 11:00 Susan		
11:15/11:30 AM	Yoga Stretch 11:15 – 12:30 Lisa Berquist		Alignment Yoga 11:30 – 12:45 Othene			

limited classes 11/20-11/22

Nursery available for 8:30 and 9:45 classes

One time fee of \$10 for 9 week session, additional children \$5 each for 9 week session.

Call 678-560-7285 or email Tessa.Gilfillan@mtbethel.org to reserve

Join our facebook group for updates on classes

<https://www.facebook.com/groups/MtBethelUMCFitness/>

	9-Week Series 1 class/week	9-Week Series 2 classes/week	1-Class Drop-In
Yoga – Mt Bethel Church Members	\$90.00	\$162.00	\$15.00
Yoga Non-Members	\$108.00	\$180.00	\$15.00
Unlimited classes – 1 weekly yoga class included with purchase of series.	\$108 for series or \$12 per week Join any time. Cost will be prorated		\$6.00

Class Descriptions

Alignment Yoga: For those who want to increase balance, grow stronger, and become more flexible. Must be able to get up and down off the floor without assistance.

Barre Sculpt: This class combines precise muscle sculpting and stretching principles using a ballet barre as well as free weights. It will create the long, lean lines of a dancer at a pace that burns fat and sculpts muscle. Modifications will be provided for all levels.

Body Sculpting: A challenging class that uses free weights, bands and stability balls to build muscle strength.

Cardio Sculpt: This challenging class combines a variety of cardio moves for all levels as well as precise muscle sculpting and stretching.

Cardio Weights: A combination of low impact cardio and free weights. Great metabolism booster!

Flow Yoga : Includes Sun Salutations and may include arm balances, hip openers, backbends, and inversions. Experience required.

HIIT & Strength: 45 minutes of High Intensity Interval Training combining strength and power with low impact cardio drills that will blast all major muscle groups, increase balance and flexibility. Class concludes with 15 minutes of core and stretching.

20/15 /20: 20 minutes of upper body, 15 minutes of cardio and 20 minutes of lower body. Core work will be incorporated throughout the class.

Tai Chi: Balance, posture, muscle strength, and mental clarity are some of the benefits of Tai Chi. This class will consist of a series of flowing motions that developed from ancient Chinese martial art. It can be done seated, standing and as energetically as one wishes.

Weights and Abs: This class is similar to the Body Sculpting class but will incorporate additional time working the abdominal muscles.

Yoga Stretch: Emphasis is on stretching and holding yoga postures for longer periods of time to improve flexibility and keep joints mobile and healthy. This class is open to anyone. Perfect for Beginners and those who want a deep stretch.

All classes subject to change without notice.

When Cobb schools are cancelled due to inclement weather classes will also be cancelled

www.mtbethel.org/rec

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