

# Fitness Schedule

## Winter 2018

### January 2 – March 10 (10 weeks)

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

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

**No classes January 15**

Nursery available for 8:30 and 9:45 classes

One time fee of \$10 for 10 week session, additional children \$5 each for 10 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/>

	10-Week Series 1 class/week	10-Week Series 2 classes/week	1-Class Drop-In
<b>Yoga – Mt Bethel Church Members</b>	\$100.00	\$180.00	\$15.00
<b>Yoga Non-Members</b>	\$120.00	\$200.00	\$15.00
<b>Unlimited classes – 1 weekly yoga class included with purchase of series.</b>	\$120 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](http://www.mtbethel.org/rec)

**Mt. Bethel United Methodist Church  
4385 Lower Roswell Road      Marietta, Georgia 30068**

