



# WOMEN'S FITNESS PROGRAM--CLASS SCHEDULE



**CLASSES HELD AT CHRIST CHAPEL OF BANDERA FELLOWSHIP CENTER**

*See What to Expect...When to Arrive...and Where to Come on the Back!*

DAY AND TIME	CLASS	LOCATION
<b>MONDAY</b>		
8:00 - 9:00 a.m.	Medicine Ball + Fit & Fun Walk	Fellowship Hall
4:00 - 4:30 p.m.	Fit & Fun Walk Kettlebell	Fellowship Hall Fit for GOD Room
4:45 - 5:30 p.m.	Barre Level Up (CHILD CARE)	Fit for GOD Room
5:30 - 6:00 p.m.	Kettlebell (CHILD CARE)	Fit for GOD Room
6:00 - 6:45 p.m.	Barre Level Up (CHILD CARE)	Fit for GOD Room
6:45 - 7:15 p.m.	Fit Stretch/ <i>Floor</i>	Fellowship Hall
<b>TUESDAY</b>		
7:30 - 8:00 a.m.	Fit & Fun Walk Kettlebell	Fellowship Hall Fit for GOD Room
8:00 - 8:30 a.m.	Barre Quick Fit (CHILD CARE)	Fit for GOD Room
8:30 - 9:00 a.m.	Fit Stretch/ <i>Floor</i> (CHILD CARE) Kettlebell (CHILD CARE) Fit & Fun Walk (CHILD CARE)	Fellowship Hall Fit for GOD Room Classroom A
9:00 - 9:30 a.m.	Fit CORE Strengthen & Flex (CHILD CARE)	Fellowship Hall
<b>WEDNESDAY</b>		
4:00 - 4:30 p.m.	Fit & Fun Walk Kettlebell	Fellowship Hall Fit for GOD Room
4:30 - 5:00 p.m.	Barre Level Up	Fit for GOD Room
5:15 - 5:45 p.m.	Fit Stretch/ <i>Chair</i>	Fellowship Hall
<b>THURSDAY</b>		
7:30 - 8:00 a.m.	Fit & Fun Walk Kettlebell	Classroom A Fit for GOD Room
8:00 - 8:30 a.m.	Fit Stretch/ <i>Floor</i> (CHILD CARE) Barre Quick Fit (CHILD CARE)	Fellowship Hall Fit for GOD Room
8:30 - 9:00 a.m.	Kettlebell (CHILD CARE) Fit Stretch/ <i>Chair</i> (CHILD CARE) Fit & Fun Walk (CHILD CARE)	Fit for GOD Room Fellowship Hall Classroom A
9:00 - 9:30 a.m.	Barre Quick Fit (CHILD CARE)	Fit for GOD Room
<b>FRIDAY</b>		
7:30 - 8:00 a.m.	Kettlebell Fit Stretch/ <i>Chair</i> Fit & Fun Walk	Fit for GOD Room Fellowship Hall Classroom A
8:00 - 8:45 a.m.	Barre Level Up (CHILD CARE)	Fit for GOD Room

**NOTHING TO BRING--ALL EQUIPMENT PROVIDED!\***

**(\*A voluntary donation of \$2-3/week is suggested from all participants to help provide no-cost child care to our young moms, as well as replace aging equipment. THANK YOU!)**

**FOR QUESTIONS, CONTACT JACKIE DAVIS AT 817.597.4814**

**or email: [contact@fueledforgod.org](mailto:contact@fueledforgod.org).**

## What to Expect

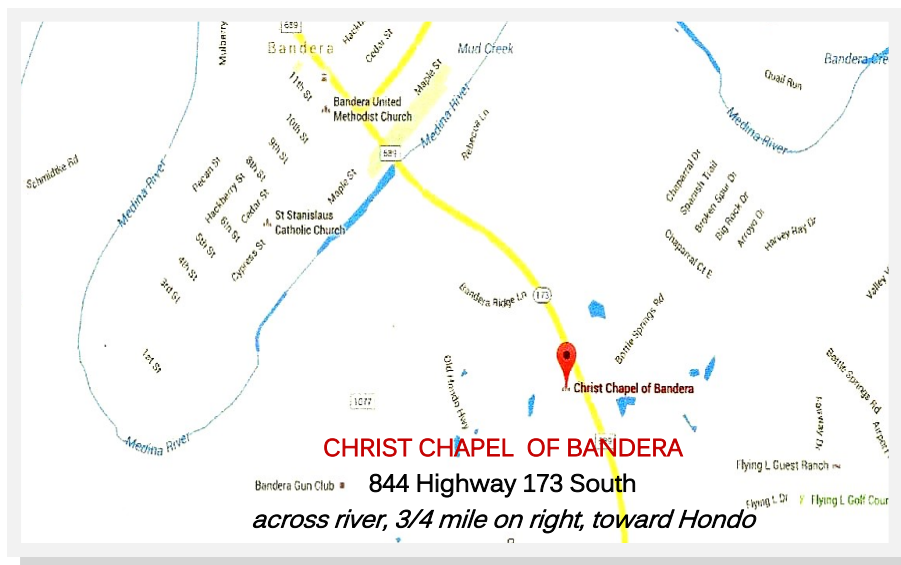
- We believe exercise can be fun and all shapes, sizes, ages, (*girls, middle-school-age and up*) and fitness levels are welcome at **Fit for GOD** and will be comfortable in all classes.
- If you have any injuries or limitations, please let your instructor know. All our instructors offer modifications, 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 pick up a pair on-site for a \$3 donation.*)
- All equipment and mats are provided. Water and snacks are 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 will need to enter through the front door only, for security reasons.

## Where to Come

- All classes are held in **The Fellowship Center**. You will see the **Fit for GOD sign** in front.
- Once you enter, you will sign in at the table in the main hallway. The "Fit for GOD Room" is the second door on the left after you enter the building.



**Fit**  
FOR  
GOD

*We're not a gym...we're a ministry!*

For in HIM we live, and move and exist...Acts 17:28