



Women's Fitness Program



CLASS SCHEDULE

TUESDAYS AND THURSDAYS

DOORS OPEN AT 5:45 a.m.

TIME

6:00 - 6:30 a.m.
6:30 - 7:00 a.m.

7:00 - 7:15 a.m.

7:30 - 8:15 a.m.

8:20 - 9:00 a.m.

DVD/CARDIO WALKING OFFERED 6:00 - 9:00 a.m.

CLASS TYPE

Barre-Bell Class 1*
Barre-Bell Class 2*

**(Combination of Barre & Kettlebell with High-Intensity-Interval Training Moves)*

Balance Class

Barre

Kettlebell

NOTHING TO BRING -- ALL EQUIPMENT PROVIDED*

*A voluntary donation of \$2-\$3/week is suggested to help with the cost of equipment and supplies.

THANK YOU! FOR QUESTIONS, CONTACT JACKIE DAVIS AT 817.597.4814

or EMAIL: contact@fueledforgod.org

What to Expect

- 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 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 NOT required for barre classes, but are recommended 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. *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. (Note the "Doors Open" Notation on front page of this schedule.) 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.
- For your safety, doors are locked 10 minutes after class begins. Please ring the doorbell for entrance if you are running late.

Where to Come

- All classes are held in the **Fellowship Hall**. Enter the parking lot on 12th street, across from rear of courthouse.

You will see the **FIT FOR GOD CLASSES HELD HERE** sign at the building entrance.



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

FOR IN HIM WE LIVE, AND MOVE AND EXIST...ACTS 17:28