

OUTREACH CENTER  
**RE-CREATION**  
 WHITESBURG BAPTIST CHURCH **ROC**

**GROUP FITNESS CLASSES**

**Balance & Stretch** - 30 minutes of balance exercises followed by 30 minutes of stretching to improve your flexibility.

**Body Sculpt** - Define, sculpt and build lean muscle with a focus on intense isolation exercises using free weights and resistance in this cardio free class.

**Cardio Circuit** - Intense workout combining strength, balance, cardio, agility and flexibility.

**Fitness Challenge** - Want to challenge your strength and endurance? Then this class is for you!

**Muscle Works** - Condition and strengthen the entire body with a variety of fitness equipment.

**Pilates Muscle** - Focus on correct form and muscle recruitment while building muscle and burning calories. Form before Fancy!

**REFIT®** - REFIT® is a life-changing group fitness experience that rocks your body, heart, and soul with powerful moves and positive music, to inspire you from the inside out!

**Senior Fit** - This class combines low impact moves in and/or around a chair focusing on strengthening and stretching muscles and core while improving balance. For older adults and those needing a basic workout.

**Zumba®** - This Latin inspired fitness party is easy to follow, burns calories and is just plain FUN!

**WBC GROUP FITNESS SCHEDULE 2021**

CLASS TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 am	Muscle Works Ron	Muscle Works Charley	Muscle Works Ron	Muscle Works Corey	Muscle Works Ron
7:15 and 8:00 am		Fitness Challenge Jan		Fitness Challenge Jan	
10:00 am			Pilates Muscle Dawn (Ladies only)		Balance & Stretch Jane (Ladies only)
11:00 am	Body Sculpt Carol (Ladies only)				Senior-Fit Stevie
1:00 pm	Senior-Fit Stevie		Senior-Fit Stevie		
5:30 pm	Cardio Circuit Nicki			Cardio Circuit Brad	
6:00 pm	Zumba® Beth (Ladies only)			REFIT® Chrissy (Ladies only)	

For online class access, contact Jane Baker.  
 Jane.Baker@WhitesburgBaptist.org  
 (256) 704-5678 ext. 715

**CLASS COSTS:**

**\$15 per month unlimited classes or \$3 per class.**

Check, Cash or pay online [whitesburgbaptist.org/about/recreation](http://whitesburgbaptist.org/about/recreation)  
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