



Group Fitness Schedule for First Baptist Church Andersonville September 2011



Class Descriptions

Kickin' Cardio

Get your heart rate up and let your stress go as you do a variety of kicking and punching drills

Boot Camp

Get a total body workout using only your body as resistance

Cross Train

A circuit style work out that uses a variety of fitness tools

Cardio Sculpt

A mixture of cardio and light weights to tone and trim while torching calories.

*Bring hand weights for this class if you have them

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Boot Camp 6:30pm (Angie)	2 <u>No Classes</u>	3
4	5 <u>No Classes</u>	6 Cross Train 8:30 am (Tana)	7	8 Kickin' Cardio 6:30pm (Angie)	9 Cardio Sculpt 8:30 am (Tana)	10
11	12 Cross Train 6:30pm (Tana)	13 Boot Camp 8:30 am (Tana)	14	15 Cardio Sculpt 6:30pm (Angie)	16 Kickin' Cardio 8:30 am (Tana)	17
18	19 Boot Camp 6:30 pm (Tana)	20 Cardio Sculpt 8:30 am (Tana)	21	22 Cross Train 6:30pm (Angie)	23 Boot Camp 8:30 am (Tana)	24
25	26 Kickin' Cardio 6:30pm (Angie)	27 Kickin' Cardio 8:30 am (Tana)	29	30 Boot Camp 6:30pm (Angie)		

Class location:

First Baptist Church Andersonville
3949 Andersonville Hwy.
865-494-7675

Tana Elkins and Angie Eckerly
Certified Fitness Instructors

Endurancehealthandfitness@gmail.com



\$3 per class—first class you attend is FREE

**Purchase a punch card for \$30
and get 11 classes for the price of 10**

Wear tennis shoes !

Bring: water, a mat and a friend!

**Let us not become
weary
in doing good
for at the proper
time
you will reap a
harvest
if you do not give
up.
Galatians 6:9**