

Monthly Fitness Schedule

CAREN SIKES - ACE/AFAA/ACSM CERTIFIED
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\$3.00 per class or coupons available for purchase.

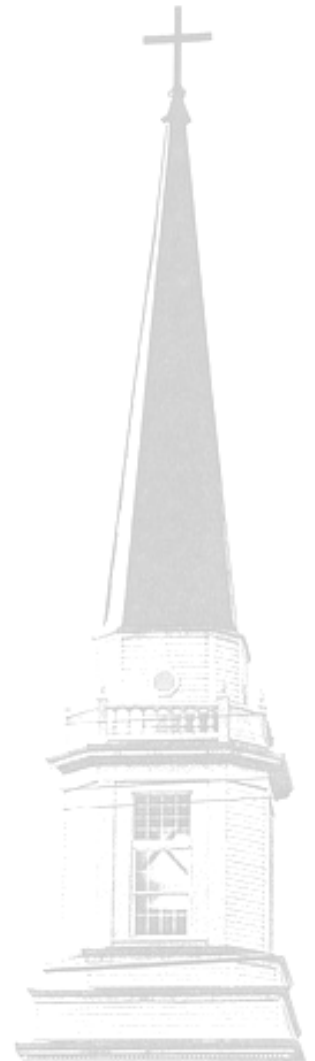
A completed health history form is required. See instructor or website for a form.

All classes are held in the Fellowship Hall unless otherwise noted.

Go to www.daltonfumc.com to view class description, class changes, or to download and print a health form.

SCHEDULE

MONDAY	8:30 a.m. Hi-Lo Cardio & Weights 10:30 a.m. Slow It Down Fitness 5:15 p.m. Cardio (Step) 5:45 p.m. Muscle Condition
WEDNESDAY	8:00 a.m. Zumba DVD 20 minute express 8:30 a.m. Pure Muscle 10:30 a.m. Slow It Down Fitness 4:30 p.m. Christ-Centered Yoga (gym)
THURSDAY	5:15 p.m. Cardio 5:45 p.m. Muscle Condition
FRIDAY	8:30 a.m. Pure Muscle
SATURDAY	9:00 a.m. Cardio 9:50 a.m. Stretch



2 Thessalonians 2:16

“May the Lord Jesus Christ, Himself, encourage you and strengthen you in all the good things that you say and do.”