



# Fitness Ministry Opportunities

The Christ Methodist Fitness Ministry is an open door to Christ United Methodist Church, and the community is welcome to join us. The ministry provides a way for people to stay healthy in mind, body and spirit.

## Mind, Body and Spirit Classes:

- **Cardio, Strength and Flexibility: (Monday, Wednesday, Friday, 8:30-9:30 a.m. Beaty Gym)** Combines a great cardio workout with strength and flexibility. These classes include step, floor aerobics, urban rebounding, kick box moves and strength training with free weights, medicine balls, bars and flexibility balls. Led by Jan Averwater, Athletic Ministry director and personal trainer, there is no fee for this class. The nursery is available at no charge for the morning classes.
- **Strength and Core: (Monday, Tuesday, Wednesday, Thursday, Friday 8:00-8:30 a.m., Beaty Gym)** This class includes weight training for strength and Bosu for core and to enhance functional balance and integrated movement capability. We also use weights, medicine balls, kettlebells and other strength equipment. Jan Averwater is the trainer. There is no fee for this class.
- **Beginner Mat Pilates: (Monday, Friday, 9:30-10:30 a.m. and Tuesday, 5:30-6:30 p.m., Beaty Room 107)** Floor exercises that target the core muscles and improve flexibility. This class strengthens your core muscles, lengthens your muscles and improves your posture. Led by Kim Lambert (licensed physical therapist), Ann Robinson, and Melissa Robinson. There is no fee for this class. The nursery is available at no charge for the morning class but is not available for the evening class.
- **Advanced Pilates: (Wednesday, 9:30-10:30 a.m., Beaty Room 107)** For those who have successfully completed Beginner Pilates and have permission from the instructor to attend. Ann Robinson and Melissa Robinson are the instructors. Equipment is used in this class. There is no fee for this class and the nursery is available.
- **Zumba – Latin Dance: (Tuesday and Thursday, 8:30-9:30 a.m., Saturdays 9:00-10:00 a.m., Beaty Room 107)** Zumba fuses musical rhythms and creative moves for a cardio-burning, heart-racing, music-pumping workout. The classes are led by Courtenay McAllister and Stephanie Chamberlain. Cost is \$5 per class or 10 classes for \$40. The nursery is available at no charge for the morning class. Checks payable to the instructor.
- **Senior Aerobics: (Monday, Wednesday, Friday, 10:00-11:00 a.m., Beaty Gym)** Stay young and fit with low impact cardio with lightweight strength training. The class combines gentle movement, balance and posture exercises to get your heart rate up and then uses free weights, bars, flexibility balls and weight balls for strength and flexibility. The class is led by Joan Fox. The fee is \$3.50 per class. Payable to the instructor.
- **Cardio/Strength: (Tuesday, Thursday, 6:30-7:30 p.m., Beaty Room 107)** The class includes strength training, floor exercises, free weights, balls, exercise tubing and weight benches. This class not only helps you tone up but also provides cardio training at the same time. Men and women are encouraged to attend. The class is led by Glen Chapman. There is no fee for this class. The nursery is not available.
- **Yahweh Yoga (Thursday 5:30-6:30 p.m., Beaty Room 107)** Yahweh Yoga enables individuals to improve their physical, mental and emotional health while strengthening their connection with God. The class is led by Stephanie Summers. Cost is \$5 per class or 10 for \$40. The nursery is not available.
- **USMC Boot Camp: (Monday-Friday, 5:30-6:30 a.m., 6:45-7:45 a.m., 8:30-9:30 a.m. or 5:30-6:30 p.m., meet by Cy's Field & the Playground)** Led by fitness instructor/personal trainer Tony Ludlow, this class is designed to help men and women strengthen their hearts, lungs, endurance and stamina. Bring a towel, mat and weights. Boot Camp is an outdoor boot camp fitness program for any fitness level. Go to [usmcfitnessbootcamp.com](http://usmcfitnessbootcamp.com) for more information.
- **Weight Room and Cardio Room memberships:** Members and guests are welcome to use the weight room and cardio room for a yearly fee of \$120 per person and \$60 for seniors 60 years of age and older. The fee will be prorated each month. Open during the hours of operation scheduled in the Beaty Athletic Ministry Building, Monday-Friday 8 a.m. until closing and Saturdays 9 a.m. until closing. We are closed on Sundays.

**About Our Instructors:** The instructors are certified in first aid, CPR and the Defibrillator. The instructors also must attend clinics and classes to remain on the cutting edge of fitness and health programs. Our instructors are certified through fitness organizations nationally. We also have personal trainers if you would like one-on-one training. For more information about fitness classes and the Fitness membership opportunities, please call the Athletic Ministry office at 683-6887 or go to [cumcmemphis.org/fitnessclasses](http://cumcmemphis.org/fitnessclasses).