



## ROCKSOLID ADRENALINE

High intensity-based cardio class that is intentional with every move! It is challenging, fun and designed to take your heart rate to peak levels followed by periods of recovery. Lower options will also be demonstrated so every fitness level can burn a ton of calories!

## ROCKSOLID FIGHT

This cardio class mixes Karate, Kickboxing, Muay Thai, Capoeira & sword drills. Fun with every move sculpting and burning calories! Train for the spiritual and physical battle!

## ZUMBA

A Latin inspired cardio workout to get you moving and energized. If you want to have fun while doing cardio you'll love Zumba!

## GODSPEED

Need more cardio? Come join our spin class to burn a ton of calories. Great music followed by peaks and valleys all designed to inspire you along your journey. All fitness levels will feel successful.

## LIFT

This strength class will build muscle utilizing bars and weights with great music and fun tempo. This class will teach you proper form leaving you defined & strong. Build a balanced body working all the major muscle groups. Come lift with us and let your spirit be lifted too!

## BUILDERS

Geared toward the mature adult. Strength training, balance work and stretching to keep you mobile and functioning in everyday activities. Last 15 minutes of class is low impact cardio.

## PILATES

A series of exercises to increase flexibility and strengthen the core. A must for cross training to counterbalance cardio and weights. Peaceful and relaxing to relieve a stress-filled life.

## RELEASE

Designed to stretch and release your body from head to toe, leaving you refreshed and muscles free of tension and tightness. Foam rollers incorporated for maximum benefit.

# MAY 2012



FITNESS & RECREATION  
AT HOUSTON'S FIRST BAPTIST CHURCH

	MON	TUE	WED	THU	FRI	SAT
6-6:45a				GODSPEED		
9-9:55a	ADR**		FIGHT**		ZUMBA**	GODSPEED**
9:15-10a						
10-10:45a	LIFT**		LIFT**			
11-11:45a		GODSPEED				
12:15-1p	ZUMBA	PILATES		LIFT		
1:15-2:15p		BUILDERS				
4:45-5:30p	GODSPEED**	ZUMBA	LIFT	GODSPEED**		
6-6:55p	FIGHT** LIFT**	ADR	ZUMBA **	PILATES**		
7-7:15p				RELEASE**		
7-7:45p			GODSPEED**			

**NOTE**

- A health history questionnaire should be filled out prior to class for those with health conditions or concerns.
- Childcare provided in the Fitness & Recreation Center for an additional fee (please limit children to 1 1/2 hours).
- Preschool & Children's programming offered through Midlink from 6-8:30p.
- Wed night childcare may participate in Wed night children's programming.
- One class may be substituted for another if regular teacher is absent.
- If a class falls below 6 participants on a consistent basis, it may be canceled without notice.

ROOM 270

ROOM 274

**\*\* CHILD CARE PROVIDED**

Wednesday childcare will be provided at the Clubhouse in Rm 303.

INFO

Debbie Brown • 713.957.6701 • [Debbie.Brown@HoustonsFirst.org](mailto:Debbie.Brown@HoustonsFirst.org)  
Fitness & Recreation Ministry • 713.957.6710 • [HoustonsFirst.org/Recreation](http://HoustonsFirst.org/Recreation)