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| --- | --- | --- | --- | --- | --- | --- |
| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 6:00 am |  |  |  |  |  |  |
| 8:00 am |  |  |  |  |  |  |
| 9:30 am |  | **Yoga Flex**  Sybill |  | **Yoga Flex**  Sybill |  |  |
| 10:30 am |  |  | **Active Adults**  Tiffany |  |  |  |
| 11:00 am |  |  |  |  |  |  |
| 12:30 pm |  | **Active Adults**  Tiffany |  |  |  |  |
| 1:00 pm |  |  |  | **Active Adults**  Helen |  |  |
| 1:15 pm | **Zumba**  Kaleiah |  | **Line Dancing**  Sybill |  |  |  |
| 5:15 pm |  | **Barre**  Tiffany |  | **Zumba**  Penny |  |  |
| 5:30 pm |  |  |  |  |  |  |
| 6:15 pm |  | **Bootcamp**  Wesley |  | **Kettlebell**  Wesley |  |  |
| For more information contact Fitness Manager  Tiffany Moore  (205) 380-2990  tmoore@faithchapel.net  [www.thebridgeonline.org](http://www.thebridgeonline.org)/fitzone | | |  | Faith Chapel Membership not required  ---------------------------------------------------  Payment Options:  $3 per class or $15 Unlimited Monthly  --------------------------------------------------- | | |