

The Christian Life Center

Wellness of Body, Mind, & Spirit

Class Schedule Fall 2023

Class Name	Meeting Day	Meeting Time	Room/ Location	Intensity
Adult Full Court Basketball	Tuesday	7:00 p.m.—9:00 p.m.	Ritter Hall/Gym	●●●
Better Balance	Tuesday	12:00 p.m.—1:00 p.m.	North Conference Room	●○○
Body Balance	Thursday	9:00 a.m.—10:00 a.m.	South Studio	●○○
Heart & Soul Flow Yoga	Monday, Wednesday, & Friday	9:00 a.m.—10:15 a.m.	South Studio	●●○
Mat Pilates	Tuesday & Thursday	10:30 a.m.—11:30 a.m.	South Studio	●●○
Stitching Together	Thursday	1:00 p.m.—3:00 p.m.	Cafe	○○○
Tend Strength & Toning	Wednesday	11:00 a.m.—12:00 p.m.	South Studio	●○○
T Flynn Yoga	Tuesday	7:00 p.m.—8:00 p.m.	South Studio	●●○
Walking Wednesdays: A Gait Evolution	Wednesday	11:30 a.m.— 12:30 p.m.	North Conference Room & Walking Track	●○○
Walking Track	Mon-Thurs Friday Mon & Tues	8:00 a.m.—3:30 p.m. 8:00 a.m.—12:00 p.m. 7:00 p.m.—9:00 p.m.	Walking Track	●○○
Yoga N Beyond	Tuesday	7:00 p.m.— 8:00 p.m.	North Conference Room	●●●



Pickleball Coming in October!

Thanks to the trustees and our new beautiful floor we will begin offering introduction classes, drop in days, and evening court time for Pickleball! Visit www.fumcbirmingham.org/pickleball for more information and reservations.

Visit www.fumcbirmingham.org/CLC to register or for more information and up-to-date class offerings.