

The Christian Life Center

Wellness of Body, Mind, & Spirit

Class Schedule Winter 2024

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	10:30 a.m.—11:30 a.m.	South Studio	
Pickleball: Court Rental	Tuesday, & Thursday	1:00 p.m.—2:00 p.m. 2:00 p.m.—3:00 p.m.	Ritter Hall/Gym	
Pickleball: Drop In	Monday Monday Wednesday Thursday	7:30 a.m.—9:00 a.m. <i>Beginners only</i>	Ritter Hall/Gym	
		7:00 p.m.—9:00 p.m. <i>Competitive only</i>		
		1:00 p.m.—3:00 p.m. <i>All levels</i>		
		7:00 p.m.—9:00 p.m. <i>All levels</i>		
Pickleball: Intro Class	Monday	8:00 a.m.—9:00 a.m.	Ritter Hall/Gym	
Tend Strength & Toning	Wednesday	11:00 a.m.—12:00 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-Fri Mon, Tue, Thur Saturday	8:00 a.m.—3:30 p.m.	Walking Track	
		7:00 p.m.—9:00 p.m.		
		1:00 p.m.—5:00 p.m.		
Women+Weights	Tuesday	6:45 p.m.—7:45 p.m.	South Studio	

Volunteers Make it Happen!

Do you have a welcoming smile and enjoy making people feel comfortable? Volunteering at the welcome desk might be for you! Training is provided and short shifts are available. We need your help! Contact Rev. Sarah Alexander if you are interested. (salexander@fumcbirmingham.org)



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

