

The Christian Life Center

Wellness of Body, Mind, & Spirit Spring 2024 Schedule

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	
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	7:30 a.m.—9:00 a.m. <i>Beginners only</i>	Ritter Hall/Gym	
	Monday	7:00 p.m.—9:00 p.m. <i>Competitive only</i>		
	Wed & Fri	1:00 p.m.—3:00 p.m. <i>All levels</i>		
	Thursday	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	
Pickleball: Ladder Leagues	Saturday	1:00 p.m.—3:00 p.m. <i>Entry/Intermediate level</i>	Ritter Hall/Gym	
		3:00 p.m.—5:00 p.m. <i>Intermediate/Advanced level</i>		
Tend Strength & Toning	Wednesday	11:00 a.m.—12:00 p.m.	South Studio	
Walking Track	Mon-Fri	8:00 a.m.—3:30 p.m.	Walking Track	
	Mon, Tue, Thur	7:00 p.m.—9:00 p.m.		
	Saturday	1:00 p.m.—5:00 p.m. <i>Saturdays during Pickleball Leagues</i>		
Women+Weights	Tuesday	6:45 p.m.—7:45 p.m.	South Studio	

Volunteers Make it Happen!

Do you have a warm, welcoming spirit? Volunteering at the welcome desk might be for you! Training and short shifts are available. Interested? Contact Rev. Sarah Alexander: salexander@fumcbirmingham.org



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

