

| Fitness Ministry Calendar | | | | |
|---|--|---|---|-------------------------------|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| *5:00am Small Group Training *5:30 am Boot Camp *9:00 am SET *10:00 am SET *6:30 pm Boot Camp | *5:00am Small Group Training *5:30 am Boot Camp *6:30 pm Boot Camp | *5:30 am Boot Camp *9:00 am SET *10:00 am SET | *5:00am Small Group Training *5:30 am Boot Camp *6:30pm Boot Camp | *9:00 am SET *10:00 am SET |

CURRENT FITNESS OFFERINGS

SET (geared towards seniors and others needing a low-impact class option): is designed to help participants increase flexibility, joint stability, balance, coordination, muscular strength, and cardiovascular endurance. Our workouts combine aerobic, flexibility and strength training with plenty of fun and fellowship.

- Cost is \$20 per month
- See above calendar for class days & times.

Boot Camp

Boot Camp is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body and improve your endurance. Modifications for all fitness levels are provided.

- Cost is \$50 for an 8-week session (morning classes Monday-Thursday)
- Cost is \$40 for an 8-week session (evening classes Monday, Tuesday, Thursday)

Small Group Training

Come join our newly added small group training class at the CLC. There will be a mix of TRX, Cardio, Weights, Bands, and more! This 45-minute class will work on both endurance and HIIT three days a week at 5:00am. There are only 10 spots available, so get registered today if you want to join!

- Monday, Tuesday, Thursday (Session 1: February 12- March 7)
- 5:00-5:45am
- Cost \$50

Sports and Fitness Ministry

Sports, recreation, and fitness activities create a unique way for individuals to unite and create a special community. We want to take that common bond created by athletics and use it as a platform to share the love of Christ with friends, families, and the community.

During each of our programs we set aside intentional time for devotion and prayer. We also offer an opportunity for participants to joys and concerns. Our goal is to create a community where people feel connected to each other and to Christ.

Throughout the year we offer a variety of activities for adults and children, which are listed below.

- Adult Fitness Classes-see calendar for days & times.
- Adult Open Gym Basketball-Saturday mornings at 6:00 am
- Adult Volleyball League-held various times throughout the year
- Kids Soccer League-Held in June each summer
- Various other kids & adult programs

For questions on any of these programs please contact the Christian Life Center Office at (515) 289-9153 or email fitness@ankenyfirst.org. You can also find more information under the Ministries tab on our website <http://ankenyfirst.org/>.



Ankeny First United Methodist Church
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