



Saxe Gotha *aerobics*

CHRISTIAN FITNESS

<u>Monday:</u>	Advanced Step Cardio Aerobics	9:00 -- 10:00 AM 6:15 -- 7:15 PM
<u>Wednesday:</u>	Body Sculpting	9:00 -- 10:00 AM
<u>Thursday:</u>	Hi/Lo Aerobics/Weights	6:15 -- 7:15 PM
<u>Friday:</u>	Cardio Mix	9:00 -- 10:00 AM
<u>Saturday:</u>	Ballet Barre	9:15 -- 10:15 AM

Unlimited Classes \$25 per month, or \$5 per class.

Classes located in the Welcome Center.

Class Descriptions:

Step Advanced: this class is for people who had have experience with step aerobics. Fast paced step with weights and ab work.

Cardio: A mixture of step and hi/lo aerobics. Each class is different, including weights and ab work. Suitable for beginner to advanced participants. Cardio Aerobics classes include a variety of step, hi/lo, intervals, and circuit classes.

Body Sculpt: A low impact class using weights, body bars, resistant tubes and different size balls. Consist of lunges, squats, upper and lower body work with the different equipment. Suitable for beginners to advanced participants.

Ballet Barre Class: Barre is a combination of ballet barre, Pilates and cardio. Lots of lunges, squats some weight work. Great for the lower body and core. No experience necessary, beginner level.

For more information contact Vicki Beatty (Aerobics Director) at 803.260.5817 or by email vpbeatty@gmail.com.

Saxe Gotha Presbyterian Church — 5503 Sunset Blvd. Lexington, SC — 803.359.7770