



12400 23 MILE RD., SHELBY TOWNSHIP, MI 48315  
SGATECHURCH.ORG | 586.731.4544

# Women's Fitness Classes

Instructor: Carol Reschke | fitness@sgatechurch.org

**Childcare available for children 5 and under on Mondays, Fridays and the following Wednesdays (9/14 and 28, 10/12 and 26, 11/9, 12/4). Additional fee applies. Pay at childcare center.**

Register by filling out the form below and return with payment to Shepherd's Gate Church or Instructor. Please pay for entire session to keep our costs low. **MISSED CLASSES CAN BE MADE UP AT ANY OTHER CLASS!** See instructor about drop-in policy or partial session payments. Contact instructor with any questions.

**CHECK class or classes you are registering for and fill out form completely.**

Name: \_\_\_\_\_

Email (required): \_\_\_\_\_

Phone: \_\_\_\_\_

Childcare Needed?  YES  NO

Number of Children \_\_\_\_\_

(\$3/child, \$5/family per class at care center)



## **Cardio Kick Fit | \$60**

9:30a Mondays, Sept. 12 - Dec. 12  
Wear cross-training shoes, bring a towel and water bottle.



## **FitLife Boot Camp\* | \$70**

9:30a Tuesdays, Sept. 13 - Dec. 13  
Bring a mat, jump rope and dumbbells or handled resistance tubes (available for purchase), towel and water bottle.

*\*Classes held at Stoney Creek Metro Park and then Macomb Christian Church when weather turns colder. Park pass or daily pass needed to enter park.*



**Drop-ins will be charged \$6.00.**

## **Total Strength & Core | \$60**

10:30a Mondays, Sept. 12 - Dec. 12  
Bring at least one set of dumbbells (5 or 8lbs), a stability ball, mat and handled resistance tubes (available for purchase), towel and water bottle.

## **Get it Done in 1 | \$60**

9:30a Wednesdays, Sept. 14 - Dec. 14  
Bring dumbbells, handled resistance tubes (available for purchase), figure 8, mat, towel and water bottle.

## **NEW! Get it Done in 1 50/50 | \$60**

9:30a Fridays, Sept. 16 - Dec. 16  
Bring dumbbells, handled resistance tubes (available for purchase), a mat, towel and water.