



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

Women's Fitness Classes

Instructor: Carol Reschke | fitness@sgatechurch.org

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.

Childcare available for children 5 and under on Mondays and Wednesdays.
Additional fee applies. Pay at childcare center.

Name: _____

Email (required): _____

Phone: _____

Childcare Needed? YES NO

Number of Children _____

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



Cardio Kick Fit | \$60

9:15a Mondays, Sept. 11-December 18

A great 45 minute cardio kickboxing class that burns tons of calories and leaves you energized and empowered. Wear cross-training shoes, bring a towel & water bottle.



FitLife Boot Camp* | \$75

9:15a Tuesdays, Sept. 12-December 19

A fun, fast paced cardio and strength interval workout for everyBody who wants to get fit fast. Bring a mat, jump rope and dumbbells or handled resistance tubes (available for purchase), towel and water bottle.

**Classes held at Stony Creek Metro Park until weather turns cold. (Park/daily pass needed to enter park.) Then we meet at Macomb Christian Church.*

Drop-ins will be charged \$6.00.



Total Strength & Core | \$60

10:15a Mondays, Sept. 11-December 18

45 minutes of essential strength, balance and core exercises to get you your strongest and leanest yet. 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

9:15a Wednesdays, Sept. 13-December 20

Cardio, strength and core in 1 hour - everything you need to get and stay fit and strong. Bring dumbbells, handled resistance tubes (available for purchase), figure 8, mat, towel and water bottle.

Get it Done in 1 50/50 | \$60

9:15a Fridays, Sept. 15-December 22

Half cardio kickboxing & half strength/core - fun, fast & effective. Bring dumbbells, handled resistance tubes (available for purchase), a mat, towel & water.