



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.**

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

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

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



## Cardio Kick Fit | \$45

**9:30a Mondays, June 19 - August 28**

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\* | \$60

**9:30a Tuesdays, June 20 - August 29**

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. Park/daily pass needed to enter park.*



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



## Total Strength & Core | \$45

**10:30a Mondays, June 19 - August 28**

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 | \$45

**9:30a Wednesdays, June 21 - August 30**

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 | \$45

**9:30a Thursdays, June 22 - August 31**

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