



Looking to get fit and have fun while doing it? We have Women's Fitness Groups that meet throughout the week. Come check out one of the following classes and see which one best fits your workout style.

Your first class is free and child care is available for many of our classes.



FitLife Boot Camp

Fun, fast-paced “boot camp” style class for all fitness levels that blasts calories by challenging your body with cardio and strength intervals. You get fit fast with this small group workout that provides great personalized coaching in a Christ-centered atmosphere.



Cardio Kick Fit

A fun, easy to follow cardio kickboxing workout that burns tons of calories, strengthens your body and increases your strength and endurance. Great Christian music energizes the workout as you punch and kick your way to a healthier mind, body and soul.



**SHEPHERD'S
GATE CHURCH**

12400 23 Mile Road | Shelby Twp, MI 48315
E| fitness@sgatechurch.org or P| 586.731.4544



Total Strength & Core

Strength training is one of the most important aspects of staying healthy. This workout hits all the major muscle groups to help you get strong and lean while improving your balance and core strength. A great Christian atmosphere makes this a workout designed for everyone.



Get it Done in 1

A super fun, mash-up of cardio kickboxing, high/low aerobics, and strength and core intervals to make sure your body is fit from head to toe. Great Christian music and ever-changing routines makes this class one not to be missed. Best of all, you get everything you need in one class and in one hour.

