



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)



Get it Done in 1 50/50 | \$90 9:15a Mondays, January 8-June 4

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



FitLife Boot Camp* | \$110 9:15a Tuesdays, January 9-June 5

A fun, fast paced cardio and strength 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 Macomb Christian Church until weather turns warm. Then we meet at Stony Creek Metro Park. (Park/daily pass needed to enter park.)*



Get it Done in 1: Power Hour | \$90 9:15a Wednesdays, January 10-June 6

A fun mix of cardio, strength and core intervals - get and stay fit and strong in just 1 hour. Bring dumbbells, handled resistance tubes (available for purchase), mat, towel and water bottle.



Get it Done in 1 50/50 | \$90 9:15a Fridays, January 12-June 8

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

DROP-INS WILL BE CHARGED \$6.00.