

2012 Winter Schedule

Judson Christian Activity Center

IRON SHARPENS IRON

Class Fitness Schedule & Descriptions & Registration

**Group Fitness Classes
lead by Certified
Instructors**

2012 Fitness Classes:

- * **Strive Fitness:** R.I.P.P.E.D.,
Cardio Fusion, Step, Core Fusion
- * **Boot Camp**
- * **Weight Room Circuit Blast**
- * **Drumming Fitness**



“Look to the LORD and HIS strength; seek HIS face always.”

Psalm 105:4



2012 Winter Bootcamp Session

Dates: Jan. 4—Feb. 23

Days: Mon, Wed, Thurs

Time: 5:30 a.m.— 6:15 a.m.

COST: \$125

Instructor: Molly Machett

What to expect:

Variety of life you have never experienced before. Dumbbells, body bars, benches, medicine balls, exercise balls and mats. Dips, planks pushups, hill sprints, wall sits, lunges, Tabata intervals, stations, and stair interval workouts, TRX Suspension Training, Rope training. High energy, music with the appropriate beats per minute, and a Christ-centered environment with a devotion and prayer time at the end of each session. Be challenged, supported and held accountable for achieving the fitness results you desire.

Proven Results

- Participants had a self reported increase in fitness level of over 3 points on a scale of 1 to 10 with 91.67% of the change attributed to Boot Camp.
- Boot Camp completely met the fitness needs of 82% of participants.
- According to participants, the most important needs met include accountability, discipline, fellowship opportunities, increase in energy level, time of day and variety of workouts.
- 100% would recommend Boot Camp to a friend! Come join us.



Instructor: Pam Judd

6:00am **TUESDAY:** R.I.P.P.E.D.

6:00 am **FRIDAY :** Step Crazy!

5:30pm **MONDAY:** Step!

5:30 pm **Thursday:** R.I.P.P.E.D.

6:30 pm **MONDAY :** Strength Blast

6:30pm **THURSDAY:** Core Fusion

Core Fusion: Strengthen and lengthen with weights, yoga and Pilates! Extensive core work, balance, tone and flexibility are combined for a total body workout with relaxation at the end.

Step!

Just like the title, 45 minutes of intermediate step followed by 15 minutes of functional core strength work.

Strength Blast

This class is held in the fitness room and will combine cardio and strength to blast through to a higher fitness level. Class is geared toward your own fitness level, so all levels are welcome.

Step Crazy!

Athletic style Step, Boot Camp style cardio and strength segments alternate for an interval workout sure to burn calories and increase your endurance! It's CRAZY fun!

R.I.P.P.E.D.

The one stop body SHOCK! Jump, lift and kick your way into shape with this fun sports conditioning class. Great music to get you motivated and keep you coming back for more!

Class Card Options

\$70 for 10 classes \$120 for 20 classes or 2 months unlimited for \$210

Find out more about classes or to purchase contact Pam Judd at strivefitness@yahoo.com

Classes are held at Judson Baptist 4900 Franklin Rd, Nashville TN 37220

Weight Room Circuit Blast

Limited to 15 participants!

Begins Jan. 4, Ends Feb. 29.

Must sign up for class.

9:00 am each Monday & Wednesday

Circuit Training

Circuit training is one of the best ways to make a resistance *and* strength training workout that is also challenging for your heart *and* lungs.

You will train in the weight room learning the equipment and proper lifting technique.

Instructor: Jenny Hemmer

\$70 for 8 weeks



DRUMMING FITNESS



Family Fitness, Children's Fitness, Grown-Up Fitness has never been this much fun! 5 yrs. To 95 yrs. You will be able to participate.

Beginning Jan. 10—Feb. 28, every Tuesday at 4:00 p.m. for 8 weeks.

Combines the effort of traditional physical fitness with the brain affected benefits of music and rhythm. Drumming patterns help the brain to generate enhanced Alpha waves, synchronize the hemispheres, as well as enhance the general overall health of the body. It will improve your health as well as neurological well being.

Instructor: Jenny Hemmer

Limited space so sign up today.

NEW To Nashville

January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 6 am R.I.P.P.E.D. 9 am Circuit Tr.	4 5:30 am Boot 9:00 am Circuit Tr.	5 5:30 am Boot 5:30 pm R.I.P.P.E.D.	6 6:00 am Step Crazy	7
8	9 5:30 am Boot 5:30 pm Step 6:30 pm Strength	10 6 am R.I.P.P.E.D. 9 am Circuit Tr. 4:00 pm Drumming	11 5:00 am Boot 9:00 am Circuit Tr.	12 5:30 am Boot 5:30 pm R.I.P.P.E.D. 6:30 Core Fusion	13 6:00 am Step Crazy	14
15	16 5:30 am Boot 5:30 pm Step 6:30 pm Strength	17 6 am R.I.P.P.E.D. 9 am Circuit Tr. 4:00 pm Drumming	18 5:00 am Boot 9:00 am Circuit Tr.	19 5:30 am Boot 5:30 pm R.I.P.P.E.D. 6:30 Core Fusion	20 6:00 am Step Crazy	21
22	23 5:30 am Boot 5:30 pm Step 6:30 pm Strength	24 6 am R.I.P.P.E.D. 9 am Circuit Tr. 4:00 pm Drumming	25 5:00 am Boot 9:00 am Circuit Tr.	26 5:30 am Boot 5:30 pm R.I.P.P.E.D. 6:30 Core Fusion	27 6:00 am Step Crazy	28
29	30 5:30 am Boot 5:30 pm Step 6:30 pm Strength	31 6 am R.I.P.P.E.D. 9 am Circuit Tr. 4:00 pm Drumming				

Group Fitness Registration

Name: _____

Address: _____

Cell #: _____

E-mail: _____

D.O.B. _____

Church Affiliation: _____

We read the surveys & Judson Christian Activity now has different instructors offering group fitness based off of your answers from the survey. The class fees are based for the individual instructor. Please check the following price guides.

Strive Fitness (RIPPED Classes, Step, Strength Blast, Core Fusion) fees are: 10 classes for **\$70**, 20 classes for **\$120**, or 2 months unlimited for **\$160**. You will receive a punch card to enter into any of these classes.

Bootcamp (Molly Machett): **\$125** for 3 classes a week for 8 weeks

Weight Room Circuit (Jenny Hemmer): **\$70** for 2 classes a week for 8 weeks.

Drumming (Jenny Hemmer): **\$30** for once a week for 8 weeks

Please check which classes you are signing up for & submit with check to Judson Baptist:

Strive Fitness Classes: _____ Bootcamp _____

Weight Rm. Circuit: _____ Drumming: _____

You may combine any of the Strive classes but Boot-camp, Wt. Room Circuit Training, and Drumming are separate.

We have read your surveys and hope that we were able to meet the most needed requests. Please keep in mind determined upon instructor and attendance of classes we will add to or remove as needed.

Please list any health concerns or limitations here:

What results are you hoping to achieve from your classes?

(Make checks out to Judson Baptist)

Drop off along with payment at Judson Baptist or

Please fill out & enclose check, mailing it to:

Judson Baptist

Attn: Jenny Hemmer

4900 Franklin Rd., Nashville, TN 37220