

COTM Women's Group Fitness Schedule

COTM Fitness offers group fitness classes for all fitness levels. Our instructors coordinate the classes, programs and bring so everyone gets a great workout. If you are new to group fitness at COTM, arrive 5 minutes early, find a spot yourself to the instructor. Bring a bottle of water and a towel for your convenience. Our group fitness classes are for the members of Church on the Move.

2010 Class Schedule

August 23rd - October 15th 2010

Class	Cost	Time	When
Boot Camp	\$40	6:00 AM	M/TU/TH/F
Walking Group	FREE	8:00 AM	M/TU/TH/F
Cardio Xtreme	\$40	9:00 AM	M/TU/TH/F

* Fall Break the week of Oct 18th - 22nd

October 25th - December 17th

Class	Cost	Time	When
Boot Camp	\$40	6:00 AM	M/TU/TH/F
Walking Group	FREE	8:00 AM	M/TU/TH/F
Cardio Xtreme	\$40	9:00 AM	M/TU/TH/F

Boot Camp

A High Intensity Class, Be ready as you come through the door. Bring your gloves, or wraps, especially if you will be hitting the bags. The workouts will be intense as we move through weight training and core development, as well as a variety of several other exercises. Bring a towel for your convenience.

Walking Group -

This class is for all fitness levels. Whether you walk, stroll, power walk, or even jog, this group is for you! Come ready to meet new friends on your way to better health. All you need is a good pair of shoes!

DECEMBER 18th - JANUARY 2nd Winter Break

2011 Class Schedule

January 3rd - February 25th

Class	Cost	Time	When
Boot Camp	\$40	6:00 AM	M/TU/TH/F
Walking Group	FREE	8:00 AM	M/TU/TH/F
Cardio Xtreme	\$40	9:00 AM	M/TU/TH/F

Cardio Xtreme -

If the walking group is just a warm up for you, or you want to get a total body workout, you will want to take this class. It involves steps, bands, stability balls and active floor exercises. There is a wide range of exercises and plenty of variety for anyone who wants to tone up.

Class	Cost	Time	When
Boot Camp	\$40	6:00 AM	M/TU/TH/F
Walking Group	FREE	8:00 AM	M/TU/TH/F
Cardio Xtreme	\$40	9:00 AM	M/TU/TH/F

May 1st - May 20th

Walking Group	FREE	8:00 AM	M/TU/TH/F
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COTM Fitness - Our group fitness classes offer a fun way to exercise while burning calories, increasing your metabolism, conditioning your heart and lungs, and building muscle. Our instructors are motivated to give you a workout that will be safe, fun, and help you become successful. We are glad to have you in group fitness here at COTM and we encourage and challenge you on your way to better health and fitness.

COTM FITNESS FACILITIES - The purpose of the workout facilities at Church on the Move is to allow our members time to workout daily, before their work schedules begin. However, the COTM Fitness Facilities will close daily at 1:00pm to accommodate afternoon activities for Lincoln Christian School.

Mens & Womens Fitness Hours - 6:00 am - 1:00 pm Monday - Friday

CONTACT INFORMATION Email: fitness@churchonthemove.com

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