

CLASS DESCRIPTIONS

Firm Believers (FB)

The most popular style class in the world! Tone your whole body from head to toe with weights/bars/stability balls, etc. combined with great music. Add in short cardio intervals to increase calorie burn and keep the heart pumping. This muscular endurance class is a must to boost your body's metabolism and to maximize fat burn. 1 hour.

Step/Sculpt

1 hour of fat blasting Step Aerobics combined with sculpting exercises. Step, turn, and take it over the top to burn those calories!!

Young At Heart (YaH)

CALLING ALL SENIORS! Low impact aerobics with fun, easy strength moves. Be part of a supportive atmosphere where Christ is the center and physical fitness is the goal. Only \$1 per class. Class time is 45 minutes.

Go Low/Sculpt

A step up from YaH with a mat portion for stretching and core work added at the end of class. You will need to be able to get up and down from the floor. (1 hour)

Cardio Sculpt

One hour of cardio, intermixed with fat blasting weight training for an all over awesome work out!

Pilates

Developed by Joseph Pilates – This is a mat class that focuses on your core (abdominals, back and glutes) primarily, but also strengthens the whole body as well. This class is designed to help improve your core strength, balance, and posture.

HIIT-High Intensity Interval Training

Alternating intervals between high intensity cardio/strength and rest periods. This format increases your VO₂ and endurance making those long runs or steady state cardio sessions much easier. Excellent way to maximize calorie burn.

Barre

Sculpt long, lean muscles with the Barre method! We will tuck, lift, pulse, and squeeze our way through this low impact, 50 minute class. Based on classic ballet moves, the Barre method lifts, tones, and tightens with small, isometric movements. Your whole body will be challenged through low weights and high repetitions. This class is appropriate for all fitness levels.

All classes involve a short devotion and prayer time.

All classes are taught by certified fitness professionals. Classes are held in Student Building S100-101.

Cost is \$3 per class or 15 classes for \$35 (\$2.33 per class)

fitness@fbconcord.org or find us on Facebook at First Baptist Concord Fitness Knoxville

Inclement weather policy - If Concord Christian School is delayed there will be no morning classes, if school is cancelled for the day there will be no fitness classes that day.

