

Crossroads Sports Fitness - Frequently Asked Questions:

Who is teaching the classes? We have reached out into our community and found several of the finest fitness instructors in our area. Each has a unique ability, great discipline, and a love for the Lord. When the year starts, we will have 5 different certified fitness instructors.

Where are the classes located? All classes start in the main building, upstairs, in the UnLimited room. Enter through the south entrance, and it's at the top of the stairs to the right. Our Campus Patrol will be available to direct you.

Is it just for ladies or can men come? We have designed a schedule to reach both men and women. We do have ladies-only classes, a men-only class, and several coed classes.

How much is the class? - \$25.00 registration fee (this also counts as your first week's fee). \$10.00 per week after that with no long-term financial commitment.

How many times a week can I go to a class? Once you have paid your weekly registration, you can attend as many as you are able and willing to attend.

How long are the classes? Classes are an hour long.

What do I need to bring to the class? Bring a water bottle, personal towel, and a great attitude. Mats and weights are provided.

What times are classes offered?

Cross-Training (coed) Monday through Thursday 5 am – 6 am

Ladies Fitness – Tuesday – 9:30 am

Coed Strength – Tuesday – 6:30 pm

Ladies Fitness – Thursday – 9:30 am

Men's Strength – Thursday – 6:30 pm

Ladies Power Stretch & Sweat – Thursday 6:30 pm

Fitness 101 – Saturday's - 9:00 am (4-week sessions)

Boot Camp (coed) – Saturday's - 10:00 am

How would you describe the classes?

5AM Cross-Training (coed) – *This is a high-energy strength and conditioning class using everything imaginable to fit your needs. No more dimly lit parking lots, only the finest facilities and instructors starting your day off right.*

6:30 pm Coed Cross-train – *Begin your journey to being lean and fit through free weight strength training. People come in all shapes and sizes and so do the weights. Our certified instructor will find the weight that works for you.*

Men's Cross-train- *Our men's strength training class is designed to jumpstart your metabolism and lean you out with all levels of weight training to build muscle and strength. This is the total package.*

Ladies Fitness - *This is a high-energy strength and conditioning class using everything imaginable to fit your needs. No more dimly lit parking lots, only the finest facilities and instructors starting your day off right.*

Ladies Power Stretch - *This is a high-intensity, power stretching, and movement class that will definitely have you feeling loose and fit by increasing flexibility and toning those muscles.*

Boot Camp - *This is a full body workout class concentrating on proper form, core strength, and stamina using your body weight as resistance.*

Fitness 101 - *Why does it hurt when you run or workout? Have you ever wondered what all those weights are for? Which one should you start with? What's the proper form when using them? And how much weight should it be? Or maybe you're confused about all the dietary fads you've been hearing about. Fitness 101 is a hands-on learning experience where all of those questions are not only answered, but you will be shown how your body reacts to exercise and which parts of your body are in need of greater flexibility in order to perform better. Come ready to learn, sweat, and have fitness become a lifestyle. **(For this to be effective, we ask you attend a 4 week session)(Sessions start over each month)***

Are there certain classes more appropriate for different fitness levels? All classes will be modified for your fitness level. We recommend Fitness 101 for all individuals in our fitness program, especially those new to fitness classes.

Can I pay for multiple weeks up front? Yes, the registration form is set up to allow you to pay for as many weeks as you wish.

How many weeks are in a session? We do not have sessions. **(Except fitness 101)** The classes are ongoing throughout the year. There may be a natural break here and there for holidays and such.

Can I pay when I arrive for a class? The instructors will not be handling money. You can register anytime on your smart phone or prior to arriving. If you would like to pay cash, you may register at the event table on Sunday's or in the main office of the church during the week.

Is there an age requirement? Age 18-99