

## 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.

**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 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. We also have a \$5 drop in fee if you're only able to come for one day.

**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

**Coed Strength** – Monday – 6:30 pm

**Ladies Fitness** – Tuesday – Wednesday - 9:30 am

**Coed Strength** – Tuesday – 6:30 pm

**Coed Strength** – Thursday – 6:30 pm

**Boot Camp (coed)** – Saturday's - 6:00 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.*

**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.*

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

**Are there certain classes more appropriate for different fitness levels?** All classes will be modified for your fitness level.

**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. 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?** Yes, if you have a card or exact change.  
**Is there an age requirement?** Age 18-99