



FAITH FITNESS/PICKLEBALL March 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>3/4</u> 9am Zumba Toning Erin 10am BSS Jade <u>11am FREE Pickleball INTRO</u> Pickleball 12-3pm Book A PB Court 3-4pm	<u>3/5</u> 9am Circuit Erin 10am BSS Linda 11am Tai Chi Hilmar <u>Pickleball 12-3pm</u> Book A PB Court 3-4pm	<u>3/6</u> 9am Zumba Erin 10am BSS Ivy 11am LineDance Ivy <u>Pickleball 12-3pm</u> Book A PB Court 3-4pm	<u>3/7</u> 9am Circuit Erin 10am BSS Linda 11am Tai Chi Hilmar <u>Pickleball 12-3pm</u>	<u>3/1 & 3/8</u> 3/1 9am Cardio Dance Ivy 3/8 Butts & Gutts - Linda 10 Yoga George 3/1 11am Int. LineDance Ivy <u>3/8 NO Line Dancing Pickleball 12-2pm</u>	<u>3/2 & 3/9</u>
<u>3/11</u> 9am Zumba Toning Erin 10am BSS Jade <u>11am Beg Pickleball Clinic</u> Pickleball 12-3pm Book A PB Court 3-4pm	<u>3/12</u> 9am Circuit Erin 10am BSS Linda 11am Tai Chi Hilmar <u>Pickleball 12-3pm</u> Book A PB Court 3-4pm	<u>3/13</u> 9am Zumba Erin 10am BSS Ivy 11am Beg Line Dancing Ivy <u>Pickleball 12-3pm</u> Book A PB Court 3pm-4pm	<u>3/14</u> 9am Circuit Erin 10am BSS Linda 11am Tai Chi Hilmar <u>Pickleball 12-3pm</u>	<u>3/15</u> 9am Cardio Dance- Ivy 10 Yoga George 11am Int. LineDance Ivy <u>Pickleball 12-2pm</u>	<u>3/16</u>
<u>3/18</u> 9am CIRCUIT Jade 10am BSS Jade <u>11am NO CLINICS</u> <u>Pickleball 12-3pm</u> Book A PB Court 3-4pm	<u>3/19</u> 9am Circuit Barbara 10am BSS Linda 11am Tai Chi Hilmar <u>Pickleball 12-3pm</u> Book A PB Court 3-4pm	<u>3/20</u> 9am Cardio Dance Ivy 10am BSS Ivy 11am LineDance Ivy <u>Pickleball 12-3pm</u> Book A PB Court 3pm-4pm	<u>3/21</u> 9am Circuit Barbara 10am BSS Linda 11am Tai Chi Hilmar <u>Pickleball 12-3pm</u>	<u>3/22</u> 9am Butts & Gutts Linda 10 Yoga Gerge 11am Int LineDance Ivy <u>Pickleball 12-2pm</u>	<u>3/23</u>
<u>3/25</u> 9am Zumba Toning Erin 10am BSS Jade <u>NO CLINICS</u> <u>PICKLEBALL 11-1PM</u> <u>GYM CLOSING 1PM</u>	<u>3/26</u> 9am Circuit Erin 10am BSS Jade 11am Tai Chi Hilmar <u>Pickleball 12-3pm</u> Book A PB Court 3-4pm	<u>3/27</u> 9am Zumba Erin 10am BSS Ivy 11am LineDance Ivy <u>Pickleball 12-3pm</u> Book A PB Court 3pm-4pm	<u>3/28</u> 9am Circuit Linda 10am BSS Linda 11am Tai Chi Hilmar <u>Pickleball 12-3pm</u>	<u>3/29</u> CLOSED GOOD FRIDAY & MONDAY APRIL 1st	<u>3/30</u>

Please know that instructors/classes are subject to change as needed

KEEP THOSE USED FITNESS CARDS AT THE END OF EACH MONTH A RANDOM PERSON WILL BE PICKED FOR A FREE FITNESS/PICKLEBALL CARD...OUR WAY OF SAYING THANK YOU FROM FAITH!

(Just put your card in the basket at the reception desk)

NEW LOYALTY FITNESS CARD is \$60 unlimited classes that starts the first day to the last day of the specific month/only one card per person

FITNESS Card is \$40.00 for 10 classes @\$4 per class/or \$5.00 drop in;

PICKLEBALL is \$3.5 per hour session/\$35 Pickleball punch cards are sold for 10 hours per card

Book A Pickleball Court- Your group of players can book your own court for the hour at \$20 per court for 4 people any additional players \$5 per person. Four courts are available for indoor play. Please email erin@fpcf.org to book your slot!

Pickleball Clinics: \$10*Note: Clinics are 1hr (first come first serve 16 max)*

*Beginner Pickleball- Mondays 11am for adults to learn the basics of Pickleball. We will also have drills and games played at the end of each session. (2025)

*FREE Intro to Pickleball (NO sign up required) are for the people that have never played before and do not know the rules. It's an instructional class to explain the rules and etiquette of the game with examples of positioning on the court, and taught by a Certified Pickleball Instructor!

Balance Stretch and Strength (BSS) All Levels- Various tools used for intensity (seated or standing) stretch & strengthen the total body with resistance training.

Butts & Gutts - this class focuses on toning every aspect of the lower body and core area. It will shape your butt and lean out your stomach.

Circuit - a strengthening and conditioning class that will put your total body to the challenge. It will consist of various stations to exercise each body part. Your reps will be timed in each area to give you the maximum workout. This is an all levels class and modifications can be provided.

Fun Open Pickleball- combines elements of tennis, badminton & table tennis. We encourage a positive and fun setting and are welcoming of all levels. You will be sure to have fun and meet great people on the court. Bring a smile :)

Line Dancing - is a class for beginners that will teach you various popular country line dances. No prior instruction also will provide dance links to follow along at home for more learning.

Intermediate Line Dancing - is for advanced dancers that have basic knowledge of previous line dances and have been attending classes for a fast paced instructional class.

Tai Chi - Stress reduction, balance & strength via gentle flowing movements. Standing balance**

Yoga - Gentle movement sequences improve flexibility & strength with guided breathing. Treating all levels class

Zumba - Take the 'work' out of workout by dancing to international, calorie burning dance fitness party tunes combined with the Latin core rhythms with all genre music.

Zumba Toning - Dance to the beat while toning your body using light weights (no heavier than 2.5lbs). It is sure to give you a fat burning intense class to give you a total workout.

****Please kindly bring your own mat for any class that may require one****

Faith Presbyterian Church 4544 Coronado Parkway Cape Coral FL 33904 238-339-0222 or erin@fpcf.org