

CORE Schedule:



Monday, Tuesday, Thursday: 7:00 a.m. – 7:00 p.m.

Wednesday: 7:00 a.m. – 4:30 p.m.

Friday: 7:00 a.m. – 1:30 p.m.

Closed Saturday & Sunday

Monday

7:30 a.m. – 11:30 a.m. | Pickleball

Tuesday

9:15 a.m. – 10:00 a.m. | Forever Fit

Wednesday

7:30 a.m. – 11:30 a.m. | Pickleball

9:15 a.m. – 10:00 a.m. | Cycling

Thursday

9:15 a.m. – 10:00 a.m. | Forever Fit

Friday

7:30 a.m. – 11:30 a.m. | Pickleball

FOREVER FIT – This class is a low impact strength and/or balance training for folks 50 years of age or older.

CYCLING – This workout is an intense ride on LeMond indoor cycling bikes, guaranteed to make you sweat! It is great for newbies as well as the seasoned cyclist. Space is limited to 12.

Forever Fit or Cycling – \$4 per class or \$20 10-class card

PICKLEBALL – A racquet sport that combines elements of badminton, tennis and table tennis. The indoor court has the same dimensions as doubles badminton, and the net is mounted two inches lower than a tennis net. Bring your paddle to play!

Pickleball – \$2 per person, or \$20 10-session card

For further information

Contact Joshua Gutknecht, Recreation Director (901) 260-5797

Email: jgutknecht@germantownbaptist.org or (901) 756-9450 Ext.1221