

CORE Schedule



Monday

8:30 a.m. – 11:30 a.m. | Pickleball

Tuesday

9:15 a.m. – 10:00 a.m. | Forever Fit

Wednesday

8:30 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

8:30 a.m. – 11:30 a.m. | Pickleball

Core Operating Hours: Monday, Tuesday, Thursday: 8:00 a.m. – 5:30 p.m.

Wednesday: 8:00 a.m.- 5:00 p.m.

Friday: 8: a.m. – 2: p.m.

Closed Sat & Sun

Costs: \$4 per class, or \$30 10-class card (1st Timers receive a Free One-Time Class)

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

For further information

Contact John Longworth, Recreation Pastor (901) 260-5731

Email: jlongworth@germantownbaptist.org or (901) 756-9450 Ext.7831

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. You will want to bring water for this class.

PICKLE-BALL – A racquet sport that combines elements of badminton, tennis and table tennis. The sport is played on an indoor court with the same dimensions as a doubles badminton court. The net is similar to a tennis net but is mounted two inches lower. The game is played with a hard paddle and a polymer smaller version of a whiffle ball. You will have a blast playing this game and work up a sweat without realizing that you are exercising.