



FIRST BAPTIST OWENSBORO

Building Bridges. Connecting to Christ.

RECREATION MINISTRY

230 J.R. Miller Boulevard * Owensboro, KY 42303
Phone 270.683.3505 Fax 270.683.8067

www.fbcowb.org

Recreation Ministry Staff

Nathan Scott- nscott@fbcowb.org

Susan Dant- sdant@fbcowb.org

Brent Phillips- bphillips@fbcowb.org

Worship Services

Sundays 8:30 a.m. Service (Traditional)
9:45 a.m. Sunday School
11:00 a.m. ELEVATE (Blended)
6:00 p.m. Evening Service

Wednesdays 4:45 p.m. Family Supper
5:30-7 p.m. Orchestra Rehearsal,
Awana, Youth Activities,
and Adult Bible Studies
6:00 p.m. Prayer Service
6:15-8:15 p.m. Choir Rehearsals

CLC Hours

Mon., Tues., Thurs.
6:30 am - 9 pm

Wednesdays
6:30 am - 4:30 pm

Fridays
6:30 am - 1 pm

Saturdays
9 am - 1 pm
(3 pm in Winter)

Available at the CLC

- Game room/TV Lounge/Chat area
- Racquetball/Walleyball courts
- Gym with a walking/jogging track
- Toddler Room (ages five and under)
- Locker Rooms/Showers
- Aerobics Room/Fitness Room
- Kitchen/Snack Area
- Parlor
- Classrooms



Fitness Room

Individual Membership (minimum age 16)

4 month----\$60
8 month----\$105
12 month---\$150

Family Membership (minimum age 14)

4 month----\$100
8 month----\$175
12 month---\$250

Includes following equipment:

Ellipticals, Treadmills, Stair Climbers, Bikes, Cybex VR3
Single Station Strength Equipment, Free Weights

Amenities: Water, TV's, Towels, Showers, Locker Rooms

Hours of Operation

Mon. - Thurs. 6:30 am - 9 pm
Fridays 6:30 am - 1 pm
Saturdays 9 am - 1 pm (Apr-Sept)
9 am - 3 pm (Oct-Mar)

One time \$5 Access Card Fee

Prior to the use of the Fitness Room the following must be completed:

- Registration form / Waiver
- Membership / Access card fees
- Equipment orientation



Child Care

(for all facility participants)

Hours Provided

Monday	9-11 am
Tuesday	5-7 pm
Wednesday	9-11 am
Thursday	5-7 pm

Cost

\$1 per child per visit

Frequent Attendance Pass

\$10 card for 12 visits

Fitness @ First

Zumba and Cardio Mix Aerobic Classes

Morning classes taught by Karen Roberts

Evening classes taught by Angel Freels

Classes taught in the Aerobics Room

Contact CLC office for Holiday and Summer schedules

Class Times and Descriptions

Monday	9:00-10:00 am
Tuesday	5:15-6:15 pm
Wednesday	9:00-10:00 am
Thursday	5:15-6:15 pm
Friday	9:00-10:00 am

Class Costs

- Individual Class \$3
- \$25 10 class pass (non-expiring)