

# Fitness Room

## **Individual Membership (minimum age 16)**

4 month----\$60 (\$15/month)  
8 month----\$105 (discount of 1 month free)  
12 month----\$150 (discount of 2 months free)

## **Family Membership (minimum age 14)**

4 month----\$100 (\$25/month)  
8 month----\$175 (discount of 1 month free)  
12 month----\$250 (discount of 2 months free)

### **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 (3 pm in Winter)

## **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**

(beginning January 2010 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**

Classes taught by Nicole Hines  
Certified Zumba and Silver Sneakers Instructor  
Classes taught in the Aerobics Room

### **Class Times and Descriptions**

Monday	9:00-10:00 am	<b>Cardio Mix</b>
Tuesday	5:15-6:15 pm	<b>Zumba</b>
Wednesday	9:00-10:00 am	<b>Zumba</b>
Thursday	5:15-6:15 pm	<b>Cardio Mix</b>

### **Class Costs**

- Individual Class \$3
- Fitness @ First 10 Class Pass \$25 (non-expiring)
- \$15 monthly for Fitness Room Members



# First Baptist

RECREATION MINISTRY

## Christian Life Center

Owensboro, Kentucky

### First Baptist Church

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

[www.fbcowb.org](http://www.fbcowb.org)

#### Recreation Ministry Email Addresses

[wdunn@fbcowb.org](mailto:wdunn@fbcowb.org) [staylor@fbcowb.org](mailto:staylor@fbcowb.org) [nmaxwell@fbcowb.org](mailto:nmaxwell@fbcowb.org)

#### Worship Services

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

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

#### CLC Hours

Mon. - Thurs.  
 6:30 am - 9 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

