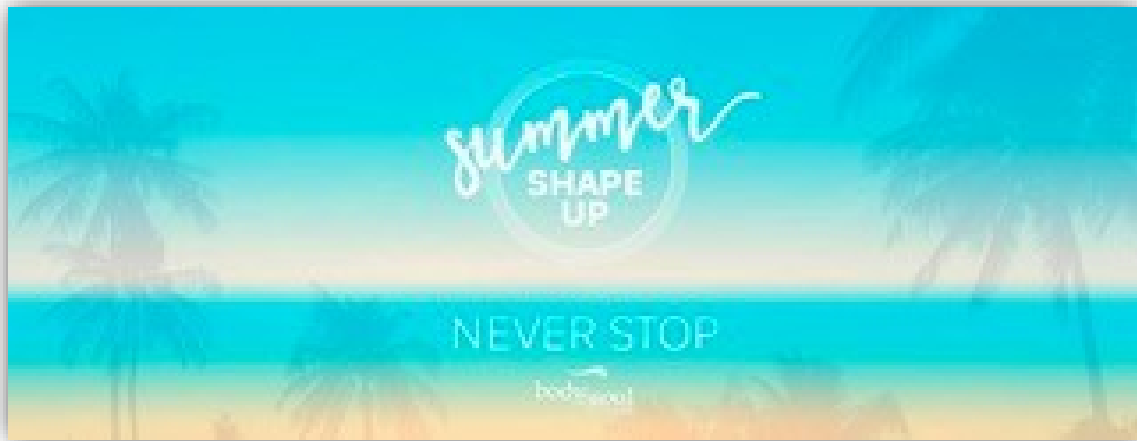




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****In order to satisfy the ministry's liability policy, please register for class online and agree to the waiver of liability within the first week of our session. If you need assistance, please let your instructor know.****

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	June 17 Summer Session Begins	18 11:00 Seniors	19 6:30 CSFIT	20 9:15 PS Fusion 11:00 Seniors	21 6:30 PS Fusion	22 9:15 CS	23
2	24	25 11:00 Seniors	26 6:30 CSFIT	27 9:15 PS Fusion 11:00 Seniors	28 6:30 PS Fusion (Class in Ross Hall)	29 9:15 CS	30
3	July 1	2 11:00 Seniors	3 6:30 PS Fusion	4 Happy 4 th of July NO CLASSES	5 6:30 CSFIT	6 9:15 CS	7
4	8	9 11:00 Seniors	10 6:30 CSFIT	11 9:15 PS Fusion 11:00 Seniors	12 6:30 PS Fusion	13 9:15 CS	14
5	15	16 11:00 Seniors	17 6:30 CSFIT	18 9:15 PS Fusion 11:00 Seniors	19 6:30 PS Fusion	20 9:15 CS	21
6	22 VBS@WCC No classes scheduled	23	24	25	26	27	28

7	29	30 11:00 Seniors	31 6:30 CSFIT	Aug 1 9:15 PS Fusion 11:00 Seniors	2 Instructor	3 Workshop	4
8	5	6 11:00 Seniors	7 6:30 CSFIT	8 GLS 9:15 PS Fusion NTUMC	9 GLS Conference @WCC	10 GLS 9:15 CS NTUMC	11
9	12	13 11:00 Seniors	14 6:30 CSFIT	15 9:15 PS Fusion 11:00 Seniors	16 6:30 PS Fusion	17 9:15 CS	18
10	19	20 11:00 Seniors	21 6:30 CSFIT	22 9:15 PS Fusion 11:00 Seniors	23 6:30 PS Fusion	24 9:15 CS	25
11	26	27 11:00 Seniors	28 6:30 CSFIT	29 9:15 PS Fusion 11:00 Seniors	30 6:30 PS Fusion	31	Sept 1

Day/Start Time	Name	Class length	Location	# weeks	Tuition
Wed/Fri 9:15am	PS Fusion Fusion/CS	75 min	WCC	8/8	\$100 (\$55/\$55)
Tues/Thurs 6:30pm	CSFIT/PS Fusion Fusion	75 min	WCC	9	\$112.50
MW 11am	Senior Class	45 min	WCC	On going	\$5/class

Class Descriptions
CS = Cardio Strength (Traditional class with cardio up front, followed by resistance training)
CSFIT = Cardio Strength Flexibility Interval Training (Cardio and resistance segments alternating to give higher intensity workout); Express = Shorter class time with some combined choreography for a more efficient workout
PS Fusion = Power Strength Fusion (Short Cardio followed by high intensity resistance training)