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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 the session. If you need assistance, please contact your instructor.****

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	SEPT 2	3 LABOR DAY	FALL SESSION BEGINS 4 CSFIT 9:15A CSFIT 6:30P	5 PS FUSION 9:15A SENIORS 11:00A	6 CS 9:15A PS FUSION 6:30P	7 CS 9:15A	8
2	9	10 CSFIT Exp 9:15A SENIORS 11:00A	11 CSFIT 9:15A CSFIT 6:30P	12 PS FUSION 9:15A SENIORS 11:00A	13 CS 9:15A PS FUSION 6:30P	14 CS 9:15A	15
3	16	17 CSFIT Exp 9:15A SENIORS 11:00A	18 CSFIT 9:15A CSFIT 6:30P	19 PS FUSION 9:15A SENIORS 11:00A	20 CS 9:15A PS FUSION 6:30P	21 CS 9:15A	22
4	23	24 CSFIT Exp 9:15A SENIORS 11:00A	25 CSFIT 9:15A CSFIT 6:30P	26 PS FUSION 9:15A SENIORS 11:00A	27 CS 9:15A PS FUSION 6:30P	28 CS 9:15A	29
5	30	OCT 1 CSFIT Exp 9:15A SENIORS 11:00A CSFIT 6:30P	2 CSFIT 9:15A	3 PS FUSION 9:15A SENIORS 11:00A	4 CS 9:15A PS FUSION 6:30P	5 CS 9:15A	6
6	7	8 CSFIT Exp 9:15A SENIORS 11:00A	9 CSFIT 9:15A CSFIT 6:30P	10 PS FUSION 9:15A SENIORS 11:00A	11 CS 9:15A PS FUSION 6:30P	12 CS 9:15A	13
7	14	15 CSFIT Exp 9:15A SENIORS 11:00A	16 CSFIT 9:15A CSFIT 6:30P	17 PS FUSION 9:15A SENIORS 11:00A	18 CS 9:15A PS FUSION 6:30P	19 CS 9:15A	9:00A 20 Women's Breakfast @WCC

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8	21	22 CSFIT Exp 9:15A SENIORS 11:00A	23 CSFIT 9:15A CSFIT 6:30P	24 PS FUSION 9:15A SENIORS 11:00A	25 CS 9:15A PS FUSION 6:30P	26 CS 9:15A	27
9	28	29 CSFIT Exp 9:15A SENIORS 11:00A	30 CSFIT 9:15A CSFIT 6:30P	31 PS FUSION 9:15A SENIORS 11:00A	Nov 1 CS 9:15A PS FUSION 6:30P	2 CS 9:15A	3
10	4	5 CSFIT Exp 9:15A SENIORS 11:00A	6 WCCS Closed (ELECTION DAY) NO AM CSFIT CSFIT 6:30P	7 PS FUSION 9:15A SENIORS 11:00A	8 CS 9:15A PS FUSION 6:30P	9 CS 9:15A	10 8:00A Time Out! women's event @WCC
11	11	12 CSFIT Exp 9:15A SENIORS 11:00A	13 CSFIT 9:15A CSFIT 6:30P	14 PS FUSION 9:15A SENIORS 11:00A	15 CS 9:15A PS FUSION 6:30P	16 CS 9:15A	17
12	18	19 CSFIT Exp 9:15A SENIORS 11:00A	20 CSFIT 9:15A CSFIT 6:30P	21 PS FUSION 9:15A SENIORS 11:00A	22 THANKS-GIVING DAY	23	24
13	25 CoFM Homeless @WCC	26 CSFIT Exp 9:15A	27 CSFIT 9:15A	28	29 CS 9:15A	30	DEC 1
14	2	3 CSFIT Exp 9:15A SENIORS 11:00A	4 CSFIT 9:15A CSFIT 6:30P	5 PS FUSION 9:15A SENIORS 11:00A	6 CS 9:15A WCC CHRISTMAS CONCERT	WCC CHRISTMAS CONCERTS 7 CS 9:15A	8 WCC CHRISTMAS CONCERT ELF'S CORNER NTUMC
15	9 WCC CHRISTMAS CONCERT	10 CSFIT Exp 9:15A SENIORS 11:00A	11 CSFIT 9:15A CSFIT 6:30P	12 PS FUSION 9:15A SENIORS 11:00A	13 CS 9:15A PS FUSION 6:30P	14 CS 9:15A	15
16	16	17 CSFIT Exp 9:15A SENIORS 11:00A	18 CSFIT 9:15A CSFIT 6:30P	19 PS FUSION 9:15A SENIORS 11:00A	20 WCCS CLOSED FOR WINTER BREAK PS FUSION 6:30P	21 CS 9:15A	22

Day/Start Time	Name	Class length	Location	# weeks	Tuition
Monday 9:15 AM	CSFIT Express	60 min	NTUMC	14	\$70
Tues/Thurs 9:15 AM	CSFIT/CS	75 min	NTUMC	14	\$175
Wed/Fri 9:15 AM	PS Fusion/CS	75 min	WCC	14	\$175
Tues/Thurs 6:30 PM	CSFIT/PS Fusion	75 min	WCC	15	\$187.50
Mon/Wed	Seniors (FIT360 Longevity)	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) FIT360 = Non-choreographed classes designed to challenge all fitness levels