






**[CLICK HERE TO BEGIN CLASS REGISTRATION](#)**

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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	APRIL 7	Session Begins 8 CSFIT Exp 9:15A SENIORS 11:00A	9 CSFIT 9:15A <b>CSFIT 6:30P @NTUMC</b>	10 PS FUSION 9:15A SENIORS 11:00A	11 CSFIT 9:15A PS FUSION 6:30P	12 CS FUSION 9:15A	13
2	<b>PALM SUN 14</b> 	15 CSFIT Exp 9:15A SENIORS 11:00A	16 CSFIT 9:15A CSFIT 6:30P	17 PS FUSION 9:15A SENIORS 11:00A	<b>MAUNDY TH 18</b> <b>No A.M. CLASS</b> PS FUSION 6:30P	<b>GOOD FRIDAY 19</b> CS FUSION 9:15A	20
3	<b>EASTER 21</b> 	22 <b>NO CLASSES</b> CHURCHES CLOSED FOR EASTER MONDAY	23 CSFIT 9:15A CSFIT 6:30P	24 PS FUSION 9:15A SENIORS 11:00A	25 CSFIT 9:15A PS FUSION 6:30P	26 CS FUSION 9:15A	27
4	28	29 CSFIT Exp 9:15A SENIORS 11:00A	30 CSFIT 9:15A CSFIT 6:30P	MAY 1 PS FUSION 9:15A SENIORS 11:00A	2 CSFIT 9:15A PS FUSION 6:30P	3 CS FUSION 9:15A	4

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5	5	6	7	8	9	10	11
		CSFIT Exp 9:15A SENIORS 11:00A	CSFIT 9:15A  CSFIT 6:30P	PS FUSION 9:15A SENIORS 11:00A	CSFIT 9:15A  PS FUSION 6:30P	CS FUSION 9:15A	
6	12	13	14	15	16	17	18
		CSFIT Exp 9:15A SENIORS 11:00A	CSFIT 9:15A  CSFIT 6:30P	PS FUSION 9:15A SENIORS 11:00A	CSFIT 9:15A  PS FUSION 6:30P	CS FUSION 9:15A	
7	19	20	21	22	23	24	25
		CSFIT Exp 9:15A SENIORS 11:00A	CSFIT 9:15A  CSFIT 6:30P @NTUMC	PS FUSION 9:15A SENIORS 11:00A	CSFIT 9:15A  PS FUSION 6:30P	CS FUSION 9:15A	
8	26	MEMORIAL DAY 27 NO CLASSES 	28	29	30	31	JUNE 1
			CSFIT 9:15A  CSFIT 6:30P	PS FUSION 9:15A SENIORS 11:00A	CSFIT 9:15A  PS FUSION 6:30P	CS FUSION 9:15A	
9	2	3	4	5	6	7	8
		CSFIT Exp 9:15A SENIORS 11:00A	CSFIT 9:15A  CSFIT 6:30P	PS FUSION 9:15A SENIORS 11:00A	CSFIT 9:15A  PS FUSION 6:30P	CS FUSION 9:15A	
10	9	10	11	12	WJCCS LAST DAY 13	14	15
		CSFIT Exp 9:15A SENIORS 11:00A	CSFIT 9:15A  CSFIT 6:30P	PS FUSION 9:15A SENIORS 11:00A	CSFIT 9:15A  PS FUSION 6:30P	CS FUSION 9:15A	

Day/Start Time	Name	Class length	Location	# weeks	Tuition
Monday 9:15 AM	CSFIT Express	60 min	NTUMC	8	\$40
Tues/Thurs 9:15 AM	CSFIT/CS	60 min	NTUMC	10/9	\$95
Wed/Fri 9:15 AM	PS Fusion/CS Fusion	75 min	WCC	10/9	\$118.75
Tues/Thurs 6:30 PM	CSFIT/PS Fusion	75 min	WCC	10	\$125
Mon/Wed	Seniors (FIT360 Longevity)	45 min	WCC	On going	\$5/class

Class Descriptions
<p>CS = Cardio Strength (Traditional class with cardio up front, followed by resistance training)</p> <p>CS Fusion = CS class combined with additional elements such as FIT360 or Power Strength resistance</p> <p>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</p> <p>PS Fusion = Power Strength Fusion (Short Cardio followed by high intensity resistance training)</p> <p>FIT360 = Non-choreographed classes designed to challenge all fitness levels</p>