



OWINGS LIFE ENRICHMENT CENTER

A ministry of Germantown United Methodist Church

2323 West Street, Germantown, TN

901-753-3100 www.germantownumc.org



Hours of Operation: Mon – Thur 6:30 am – 9:00 pm • Fri 6:30 am – 5:00 pm • Sat 8:00 am – 12:00pm • **Nursery Available:** Mon-Fri 9:00 am – 12:00 pm

MONDAY	6:30 - 7:00 am	A.M. Conditioning Course	Gym	*	Todd Hinton
	8:00 – 12:00 pm	Pickleball	Gym	*	
	8:15 - 9:15 am	The Very, Very, Very Beginner Boot Camp		*	Judy Oros
	9:30 - 10:30 am	Strength & Conditioning Boot Camp		*	Todd Hinton
	9:30 - 10:30 am	Zumba™			Kathy Cockroft
	10:30 - 11:30 am	Yoga			Cheryl Pettit
	4:45 - 5:45 pm	Mat Pilates			Paula Hatmaker
	6:00 - 7:00 pm	Zumba™			Answorth Robinson
	6:00 - 7:00 pm	Group Cycling	Cycling Rm		Gina Chase
	7:00 - 8:00 pm	Strength & Conditioning Boot Camp		*	Todd Hinton
7:00 – 9:00 pm	Men's Basketball	Gym	*		
TUESDAY	6:30 - 7:30 am	Yoga			Cheryl Pettit
	8:15 - 9:15 am	Mat Pilates			Paula Hatmaker
	9:30 - 10:30 am	Zumba™			Tracy Cunningham
	Starts 8/23 9:30 – 10:30 am	New! Pedal and Pump			Jen Boyle
	11:30 - 12:30 pm	Senior Fitness			Melissa Olson
	Starts 8/23 3:00 – 4:00 pm	New! The Very, Very, Very Beginner Boot Camp	Gym	*	Judy Oros
	3:30 – 5:00 pm	Kang Rhee Karate		*	Barbara Davis
	6:00 - 7:00 pm	Kickboxing			Jack Douglas
	6:30 – 8:30 pm	Pickleball	Gym	*	
	7:00 – 8:00 pm	New! Rho-Ken Karate		*	Chris Mahoney
WEDNESDAY	6:30 - 7:00 am	A.M. Conditioning Course	Gym	*	Todd Hinton
	8:00 – 12:00 pm	Pickleball	Gym	*	
	8:15 - 9:15 am	Tighten & Tone			Ronda McCain
	Starts 8/24 9:30 – 10:30 am	New! 20/20/20			Kathy Cockroft
	9:30 – 10:30 am	Group Cycling	Cycling Rm		Tiffany Grffin
	10:30 - 11:30 am	Yoga			Cheryl Pettit
	4:45 - 5:45 pm	Mat Pilates			Paula Hatmaker
	6:00 - 7:00 pm	Zumba™			Answorth Robinson
	7:00 - 8:00 pm	Strength & Conditioning Boot Camp		*	Todd Hinton
	THURSDAY	6:30 - 7:30 am	Yoga		
8:15 - 9:15 am		Mat Pilates			Paula Hatmaker
9:30 - 10:00 am		Pedal & Pump	Cycling Rm		Jennifer Boyle
9:30 - 10:30 am		Zumba™			Kathy Cockroft
11:30 - 12:30 pm		Senior Fitness			Melissa Olson
Starts 8/25 3:00 – 4:00 pm		New! The Very, Very, Very Beginner Boot Camp	Gym	*	Judy Oros
3:30 – 5:00 pm		Kang Rhee Karate		*	Barbara Davis
6:00 - 7:00 pm		Kickboxing			Jack Douglas
6:00 – 7:00 pm		Group Cycling	Cycling Rm		Gina Chase
6:30 – 7:30 pm		Restorative & Relaxing Yoga	Adult Ed. Bldg.	*	Dr. Bob Hughes
7:05 - 8:05 pm	Core Fitness			Ronda McCain	
FRIDAY	6:30 - 7:00 am	A.M. Conditioning Course	Gym	*	Todd Hinton
	8:00 – 12:00 pm	Pickleball	Gym	*	
	8:15 – 9:15 am	The Very, Very, Very Beginner Boot Camp		*	Judy Oros
	Starts 8/26 9:30 – 10:30 am	New! 20/20/20			Jen Boyle
	9:30 - 10:30 am	Group Cycling	Cycling Rm		Tiffany Griffin
	10:30 - 11:30 am	Yoga			Cheryl Pettit
	Starts 8/26 11:30 – 12:30 am	New! Zumba Gold™			Kathy Cockroft
SATURDAY	8:30 - 9:30 am	Yoga			Sara Carr
	9:30 - 10:30 am	Zumba™			Patti Lehigh
	10:45 - 11:45 am	Zumba Gold™			Kathy Cockroft

Open gym schedule Times subject to change due to special events.

Mon:12:30-7pm Tues:6:30am-6:30pm Wed:12:30-9pm Thurs:6:30am-9:00pm Fri:12:30-5pm Sat:8am-12 pm

8/17/2011

♦ Massage Therapy available M/T/TH – see back for details

*denotes special pricing – see back for details