

LWCC INVITES YOU TO GET FIT IN 2014!

You can be a healthier more fit you in 2014, and Living Word Christian Center is here to help! Register now for these exciting Fitness Classes that are sure to create a more healthier happier you!



MEET THE INSTRUCTORS

All Instructors are certified fitness instructors. To read their entire bio and register go to www.livingwd.smartevents.com.

Maurice Wills - Triathlon Coach (Instructor for Swimming and Fit Walking)

Maurice Wills has been racing triathlons since 2000 and coaching triathletes since 2001. He has successfully coached numerous triathletes in every distance from Sprint to Ironman.

Maurice's certifications include:

- USA Level II Certified Coach
- Certified Total Immersion Swimming Teacher
- Certified Chi Running Instructor.
- Green Shirt and Blue Jersey Master Trainer Certified by Heart Zones

Maurice's coaching style focuses on form and technique.

Kimberly Blosser - Core Strength Training Instructor

Kimberly has been teaching Pilates since 2011.

Kimberly's certification and background include:

- Bachelor Science degree in dance
- Pilates Certified in 2011
- Leader of LWCC Dance Ministry
- Completed 3 full and 1 half marathon

Debbie Marzano - ACE Fit Camp Instructor

Debbie has been teaching group fitness for 15+ years. She has taught aerobics, step, core conditioning and basic nutrition classes.

Debbie's certification includes:

- Group Certified Instructor
- Continuing Education Credentialed in Functional Training
- Continuing Education Credentialed in Sports Conditioning

Debbie's coaching style focuses on motivating and encourage others to become fit.



LIVING WORD CHRISTIAN CENTER

7600 W. Roosevelt Road, Forest Park, IL 60130
(708) 697-5000

Do you not know that your body is the temple of the Holy Spirit Who lives within you, whom you have received as a Gift from God? You are not your own; you were bought with a price. So honor God and bring glory to Him in your body.

1 Corinthians 6:19-20



ADULT LEARN TO SWIM

Are you afraid of water? Does the thought of dipping your toe in the water give you nightmares? Do you want to be able to spend time in the water with your kids, family and friends every summer? Then our “Learn to Swim” class is for you! **In 6 weeks we will teach you to overcome your fear and get you on your way to becoming comfortable in the water.**

Age: 18 and older
 Location: Kennedy King College, 6301 S. Halsted, Chicago, IL
 Duration: 6 weeks
 Cost: \$179

Code	Day	Date	Time
SWIM	Monday	May 19 - June 30	6:30 pm to 7:15 pm



CORE STRENGTH TRAINING

Core Strength Training is for everyone, from young to old, sedentary to athletic. It is for people who are strong or weak, flexible or inflexible. It is a tool to educate the body to have better posture and move in a more efficient way. Core Strength Training is for those who want to look and feel better. It is for those who strive to function at an optimal level, pain-free. Core Strength Training is used as a complete fitness program as well as a supplement to other methods of fitness. Core Strength Training is for those who seek balance in life, wanting to change their lives for the better by enhancing the mind while strengthening the body. Core Strength Training is for anyone and everyone!

Age: 16 and older
 Location: LWCC Room 128
 Duration: 8 weeks
 Cost: \$96 pre-registered or \$20 drop in

Code	Day	Date	Time
CST	Tuesday	June 3 - July 22	6:00 pm to 6:45 pm



FIT WALKING

Pain-free fitness walking for lifelong Health & Energy. In this workshop you will learn the essential foundation skills for Fit Walking. Create Balance in your body and yourself with Fit Walking. Fit Walking will teach you to move from your center, your core, and not use your legs to walk! You'll learn proper body alignment and movement techniques that will give you a powerful sense of balance and stability, as well as relaxation and spaciousness in your body and mind.

Age: 16 and older
 Location: LWCC Room 165
 Duration: 6 weeks
 Cost: \$99 pre-registered or \$20 drop in

Code	Day	Date	Time
FW	Tuesday	May 27 - July 1	6:30 pm to 7:00 to 7:15 pm (end times vary)



CROSS TRAINING FIT CAMP

Looking for efficient, effective, total body conditioning? Our Cross Training Fit Camp will improve your endurance, cardiovascular health, core & muscular strength, agility, and balance! The classes give you great variety and challenge you in fun ways. This program offers the conditioned athlete the tools necessary to improve your performance and the de-conditioned athlete the tools to become stronger, healthier and more confident for all your activities of daily life. During warm weather days class will be held outside.

Age: 16 and older
 Location: LWCC Annex
 Duration: 8 weeks
 Cost: \$96 pre-registered or \$20 drop in

Code	Day	Date	Time
CTFC	Thursday	June 5 - July 24	6:30 pm to 7:30 pm