



Zumba is derived from a Colombian word meaning to move fast and have fun. Zumba is the newest craze in fitness which gives you an effective, low-impact cardiovascular workout. The music (Latin style) goes from moderate to fast to slow and back to fast again, so everyone can keep up the pace. Because the moves are loaded with variations, beginners can easily follow. You can burn up to 450 calories an hour and get a toning workout as well. This class will be for ladies only! It's FUN. It's UNIQUE. It's EFFECTIVE.

Classes are:

Mondays - 9:00 a.m. and 6:45 p.m.

Tuesdays - 5:30 p.m.

Wednesdays - 6:00 and 9:00 a.m.

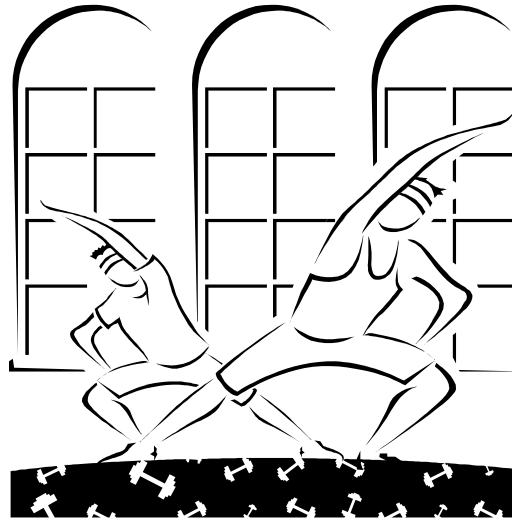
Thursdays - 5:30 p.m.

Fridays - 6:00 and 9:00 a.m.

Saturdays - 8:30 a.m.

Zumba Gold

Monday - Wednesday - Friday
10:30 a.m.



Low-impact Senior Fitness Class

Want to increase your aerobic power, muscular strength, endurance, flexibility, and range of motion? Classes meet on Monday and Thursday mornings from 9:30 - 10:00 A. The classes are free, so sign-up today at the Family Life Center front desk at 581-2484. Classes begin February 6th and will be led by Glenda Wilkins.

Family Life Center

FIRST BAPTIST
Church of Ozark

1400 West Jackson • Ozark, Missouri 65721

417.581.2484

www.fbcozark.org

Hours of Operation:

Monday - Friday	6:00 A - 10:00 A
Monday -Thursday	4:00 P - 9:00 P
Friday Evening	CLOSED

User Information:

Any person who is enrolled in a Sunday School class or is a worship service attendee of FBCO may use the Family Life Center during operating hours

FBCO members are encouraged to bring guests with them to the Family Life Center.
Please limit four guest per visit.

Non-FBCO Attendee Policy

All non-attendees who are not accompanied by a member of FBCO may purchase a punch card that will allow you to use the facility during regular operating hours. The price of the card will be \$20 which is good for 10 visits (\$2 per visit). If you do not wish to purchase the card, you may "pay as you use" which will be \$3.00 per individual per visit.



Golf Tournament

August 25th

1:00 P Shotgun Start

Costs: \$46.00

Hidden Valley Golf Links

Includes green fee, cart and a meal. Sign-up envelopes are available in the foyer by the Worship Center. Sign up deadline is August 15th!



Cross
raining



These classes are designed for you to increase your overall speed, quickness and explosiveness. Attention will be given to proper foot mechanics during running, cutting and the take-off and landing phases of jumping. Techniques will be taught to not only improve the performance of each athlete, but to also decrease injuries.

Tuesdays and/or Thursdays
3:15 - 4:00 PM 5th-12th Grade
4:15 - 5:00 PM K-4th Grade
(School Year)

Cost:

\$35.00/month for 1 time per week
\$65.00/month for 2 times per week

Additional info - Call Paul Putt at 889-4411.

I can do all things
through Christ
who gives me strength.
Philippians 4:13



Basketball Camp June 18-22

Kindergarten:
8:00 - 9:15

1st - 2nd Grade:
9:30 - 10:45

3rd - 4th Grade:
11:00 - 12:15

5th - 6th Grade:
12:45 - 2:00

Cost: \$45 / child

Deadline: June 8