

# AT A GLANCE

## WHAT IS PRIORITY?

“Priority” is a wellness program designed specifically to meet the needs of business professionals in the downtown Tallahassee community. Wellness represents an activity which focuses on enhancing the total well-being of the individual, with a view toward achieving a more productive, well-balanced life.

## WHY PRIORITY?

God has given each person a unique existence. Each person is responsible for proper stewardship of that gift. The Priority Wellness program aids the individual in their effort to carry out those stewardship responsibilities.

## WHO IS ELIGIBLE?

Anyone! The program is especially convenient for those who work in the downtown community. Membership is subject to capacity limits.

## EQUIPMENT AVAILABLE

- indoor walking/jogging track
- private aerobics room
- weight training: Nautilus fitness equipment designed for circuit training, as well as stack weights and free weights
- cardiovascular: Life-Steps, treadmills, fitness rower, elliptical runners, Tru bikes, and Precor recumbent bikes
- 2 raquetball courts
- 2 basketball courts



108 west college avenue  
tallahassee, florida 32301

850.222.5470 x401  
clc@fbctlh.org



**FIRST BAPTIST CHURCH**  
OF TALLAHASSEE



CHRISTIAN LIFE CENTER

Priority Wellness Program

# CLASS SCHEDULE

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:45–9:45AM	Senior Stretch			Senior Stretch		
9:15–10:15AM						Jazzercise
12:10–12:50PM	Step Aerobics	Upper Body Sculpting	Boot Camp	Lower Body Sculpting	Boot Camp Lite	
1:10–1:50PM	Pilates	Pilates	Pilates	Pilates	Pilates	
5:45–6:45PM	Jazzercise	Jazzercise		Jazzercise	Jazzercise	

## CLASS DESCRIPTIONS

All programs are under the direction of a trained and qualified staff of the American College of Sports Medicine (ACSM) and/or the National Strength and Conditioning Association (NCSA).

### BOOT CAMP

A cross-training class consisting of various work stations to provide a total body aerobic workout. This class will keep you moving!

### JAZZERCISE

A dance exercise program incorporating cardio, strength, and stretch moves for a total body workout.

### PILATES

Core-strengthening exercises utilizing the whole body. This strength training works from the inside out, developing balance, coordination, and flexibility without using weights.

### STEP AEROBICS

A low-impact aerobic workout combining the use of the aerobic step and upper body movements to achieve a total body aerobic workout.

### SENIOR STRETCH

A stretching and muscle-toning session that is especially designed for senior adults, pregnant women, and those with medical limitations.

### EXTRAS

- Noon Basketball (\$66/quarter for 5 days a week; \$45/quarter for 2-3 days a week)
- Men's Winter + Summer Basketball Leagues (\$45 each season)
- Co-ed Winter + Summer Volleyball Leagues (additional fee)

### PRIORITY WELLNESS FEES

- \$50 initiation fee - includes health risk assessment, personal medical history, orientation to equipment, and membership tag
- \$90 quarterly fee - includes general facility use and participation in all classes
- \$35/month for enrollment in a specified class, OR \$5/class