

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



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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	
4:30-6:00PM					Jazzercise	
5:45-6:45PM	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
- Men's Winter + Summer Basketball Leagues
- Co-ed Winter + Summer Volleyball Leagues

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