

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 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

- Indoor Walking/Jogging Track
 - Private Aerobics Room
 - **Weight Training Equipment:** Nautilus fitness equipment designed for circuit training, as well as stack weights and free weights
 - **Cardiovascular Equipment:** Life-Steps, Treadmills, Fitness Rower, Elliptical Runners, Tru Bikes, and Precor Recumbent Bikes
 - 2 Racquetball Courts
 - 2 Basketball Courts
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FEES

Initiation fee: \$50 - includes health risk assessment, personal medical history, orientation to exercise equipment, and membership tag

Quarterly fee: \$90 - includes general facility use and participation in all exercise classes offered



PRIORITY WELLNESS

First Baptist Church of Tallahassee
Christian Life Center

contact us

fbctlh.org/clc | 850.222.5470 x401

HOURS

Monday, Tuesday, Thursday, Friday
6:00AM - 8:00PM

Wednesday
6:00AM - 5:00PM

Saturday
9:00AM - 1:00PM

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	
4:45–5:30PM		Body Sculpting		Body Sculpting		
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).

BODY SCULPTING

A 45-minute class devoted to the overall strength and toning of muscle groups as well as increasing flexibility. Weights, resistance bands, exercise balls, and floor work are combined to form this well-rounded workout.

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

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

- Men's Winter & Summer Basketball Leagues (*Extra Fee)
- Co-ed Winter & Summer Volleyball Leagues (*Extra Fee)

COST

- FREE for all Priority Wellness program members
- \$35/month for enrollment in a specified class, or \$5/class
- Payment required at registration