

FAMILY LIFE CENTER NEWSLETTER

January-March 2010

HOURS OF OPERATION (subject to change):

M, T, Th 8:00a- 9:00p // W 8:00a- 5:00p, 7:30p- 9:00p // F 8:00a- 7:00p // Sa 9:00a- 1:00p // Su 7:00p- 10:00p

TOM GRUBBS : Minister of Recreation and Sports

COLLEEN COLE : Recreation Ministry Assistant

352.333.7700 ext. 105 // www.westsidebaptist.org/recreation



FITNESS CLASSES

JAZZERCISE

Monday, Tuesday and Thursday
6:00-7:00pm
Saturdays
9:30am-10:30am

Contact Angie at 352.505.0776 for information and pricing.

OPEN GYM

*open gym hours subject to change at any time due to ministry events and Upward practices and games. Please check the calendar of events at www.westsidebaptist.org/recreation

CHOICES SALSA AND ZUMBA CLASSES

Saturdays	11am-12pm	Zumba
Sundays	12pm-1pm	Salsa

Open to men and women of all ages - you DON'T Need a Partner to have fun!! Walk-ins welcome! To sign up, call 352-334-8889 or e-mail us at

CHOICEShewprogram@doh.state.fl.us.

For more information or to apply for CHOICES Health Services, call 352-264-6772 or visit www.acCHOICES.com.

SPORTS & RECREATION

SATURDAY CYCLING

Saturdays 7:00am

Meet in front of the FLC on Sundays at 7:00am for cycling around town, weather permitting. This consists of about a 25 mile ride.

CYCLING SHIRTS

The Westside Cycling shirts have arrived! They are \$55 each and are made of Airies Micro Plus. Pick yours up today in the Family Life Center. You do not need to be a part of the cycling group to purchase one.

FAMILY LIFE CENTER MEMBERSHIP

Church Member Annual Fee:
\$45 Individual \$60 Family

Non-Church Member Annual Fee:
\$60 Individual \$85 Family

FLC Members have use of Exercise room, Game Room, Gym, Locker room, etc, as well as discounts on league and class fees. Call or stop by for more information.

UPWARD FLAG FOOTBALL AND CHEER

Evaluations will be held at Trinity United Methodist :

Saturday, February 6th	2pm-4pm
Sunday, February 7th	2pm-4pm
Monday, February 8th	4:30-6pm
Tuesday, February 9th	4:30-6pm

Registration is \$65 for football and cheer. Late fees begin after February 9th. Late registration is \$80.

UPCOMING EVENTS

SOFTBALL LEAGUE

Registration Forms due by February 25th. Games begin March 15th and will be played on Sundays. Fee is \$40. Forms available in the FLC and Online!

CHOICES HEALTH SCREENINGS

February is Heart Health Awareness Month!

Free health screenings will be done in the Family Life Center on February 20th 8am-1pm.

CAFÉ 9:24

****Come check out the Café on SUNDAY MORNINGS!****

8- 11 am!

Stop by and bring a friend to enjoy espressos, specialty coffees, frozen coffees and smoothies!

Gift cards can now be purchased!

Hours of Operation:

Sunday	8-11 am, 7-10 pm
Monday-Thursday	8am-9pm
Friday	8am-7pm
Saturday	9am-1pm