

BFC Ministry

Becoming Fit at Church

*Do you not know that your body is a temple of the Holy Spirit,
who is in you, whom you have received from God.
You are not your own. You were bought at a price.
Therefore, honor God with your body - 1 Cor 6:19-20*



Our BFC Ministry Team Members

Volunteer their time and bring years of experience in health, fitness, and nutrition to create safe, welcoming, and non-intimidating exercise classes. These classes are thoughtfully adapted for all ability levels. Team members also warmly welcome both new and experienced Pickleball players to join open play.

Our BFC Exercise & Pickleball Participants

Enhance their health, wellness, strength, flexibility, and balance while enjoying exercise and Pickleball alongside both longtime friends and new connections.

- All participants are encouraged to make a small donation (*suggested \$3 per class or Pickleball session*).
- One hundred percent of donations from daytime BFC exercise classes support community service efforts locally and around the world.
- Pickleball donations help offset program costs and may also contribute to community service initiatives.

Since 2008 over \$100,000 has been raised to support - Allen House; Capital City Youth Services; Capital Regional Health Care and TMH Heroes; Elder Care Services; FSU Wesley Foundation; Head Start, Hope Community; Kearney Center; Madison Youth Ranch; Merritt Brown and Nims Middle Schools; Mission Trips for FSU and UF students; Refuge House; Ronald McDonald House; Second Harvest; Socks, Sacks & Supper; Teacher appreciation; Trinity Community Garden, Hats and Mats for Friends, HEO, Snack Packs; Trinity Guatemala House Build and Medical Missions; Turkeys at Thanksgiving; Veterans Village; UMCOR; Financial assistance to our sister church in Cuba, and individual families and children in time of need; jackets, raincoats, cooling towels, hats and back packs for our unhoused neighbors; hurricane, flood & earthquake relief; and *Give Back to Trinity* -prayer garden, chair project, misc. supplies for pastors, staff, altar guild, snack packs, kitchen, VBS wish list, general church supplies, and church security.

Visit <https://tumct.org/adult-ministries>

or email BFCSeries@yahoo.com for more information or to register.

Advance registration is required for all BFC Ministry Programs

BFC Exercise & Pickleball

Fall 2026

Class Schedule and Descriptions

- **Staying Strong-Tues 9:45 am & Thurs 12:15 pm**

Improve your strength, balance and mental health while sitting or standing. Great for beginners, older adults or those returning to exercise.

- **Variety Mix-Tues & Thurs 11:00 am**

Build strength, improve functional movement, and enhance balance through dynamic, multi-joint exercises using a variety of equipment which may include floor exercise. Intermediate to advanced level class.

- **MoveWell- Tues 12:15 pm (begins August 18)**

Increase flexibility, improve joint function, and enhance overall movement in this mobility and stretch class. Participants must be able to safely get down to and up from the floor independently.

- **Pickleball-Thurs 6:00 pm**

Open play for seasoned players and instruction for those who want to learn how to play (at FSU Welsey)

Meet the BFC Exercise Instructor Team

Beth Curry, BS Exercise Science, ACSM-EP®/CET, ACE-GFI, AFAA-PGE, CAFS, Exercise is Medicine®, Senior Fitness Specialist (*BFC Ministry Leader, Staying Strong, Variety Mix, MoveWell*)

Amy Leach, BS Dance Ed (*Variety Mix*)

Meet the BFC Team Members

Wayne Curry – Pickleball Coach

Dan Drake – BFC Exercise support & Pickleball Co-Leader

Kathy Drake – BFC Exercise support & Pickleball Co-Leader

Jean Glen – BFC Exercise & Pickleball support

Jaqui Griffith, MS-Nutrition, RD/LDN, ACSM-EP, CAFS, Exercise is Medicine®, Senior Fitness Specialist (*Nutrition advisor*)

BFC Team Members are CPR certified.

Our Mission Statement - *Together We can Make a Difference*

Our Vision - *To gather with Friends for Fun, Fellowship, Fitness, and to raise Funds for community service.*