

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

Summer 2026

Class Descriptions

- **Staying Strong** -easy, gentle basic exercise - seated and standing. Great for beginners or those returning to exercise.
- **Variety Mix** -full body workout using a variety of exercises and equipment. Intermediate to advance including floor exercise.
- **Pickleball** -instruction for those who want to learn and open play for seasoned players (at FSU Welsey)

Class Schedule - In-person (Zoom option available)

Tuesday 9:45 a.m.	Staying Strong
Tuesday 11:00 a.m.	Variety Mix
Thursday 11:00 a.m.	Variety Mix
Thursday 12:15 p.m.	Staying Strong
Thursday 6:00 p.m.	Pickleball (in person only)

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*)

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*

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.*