



The Christian Life Center

Wellness of Mind, Body & Spirit

SPRING/SUMMER CLC CLASS SCHEDULE

CLASS NAME	DAY	MEETING TIME	ROOM
Adult Full Court Basketball	Tues	7:00 pm - 9:00 pm	Ritter Hall/Gym
Body Balance	Thurs	9:00 a.m. - 10:00 a.m.	South Studio
Basic Yoga-Adults	Tues	7:00 p.m. - 8:15 p.m.	North Conference Room
Core Restore Mat Pilates	Tues	10:05 a.m. - 10:55 am	South Studio
Heart & Soul Flow Yoga	Mon, Wed, Fri	9:00 a.m. - 10:30 a.m.	North Conference Room
Kate DeGood School of Dance	Mon	5:00 p.m. - 7:00 p.m.	South Studio
Knitting	Fri	1:00 p.m. - 3:00 p.m.	Cafe
Mah Jongg Guided Play	Mon	6:00 p.m. - 8:00 p.m.	Cafe
Mah Jongg Open Play	Mon	6:00 p.m. - 8:00 p.m.	
Mah Jongg Open Play	Sat	9:00 a.m. - 12:00 noon	
Tend Strength & Toning	Wed	11:00 a.m. - 12:00 p.m.	South Studio
Walking Track	Mon-Fri	8:00 a.m. - 3:30 p.m.	Walking Track
	Mon, Wed	6:00 p.m. - 8:00 p.m.	
	Tues	7:00 p.m. - 9:00 p.m.	
	Thurs	6:30 p.m. - 8:30 p.m.	
	Sat	12:30 p.m. - 4:30 p.m.	
Yoga with Katherine	Tues	11:00 a.m. - 12:15 p.m.	North Conference Room
	Sat	9:30 a.m. - 10:45 a.m.	Martin Room

Pricing and registration deadlines for our classes vary. Visit www.gatheredhereforgood/CLC for an up-to-date schedule, pricing and registration deadlines and information on how to volunteer.





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SPRING/SUMMER PICKLEBALL SCHEDULE

April -June 2026

CLASS NAME & MONTHS	DAY	MEETING TIME	ROOM
Drop-in Pickleball – April & May	Mon, Wed, Fri	1:00 p.m. - 3:00 p.m.	Ritter Hall/Gym
	Mon, Wed, Thurs	6:00 p.m. - 8:00 p.m.	
	Sat	9:00 a.m. – 12:00 noon	
Drop-in Pickleball - June	Mon, Wed, Fri	9:00 a.m. – 12:00 noon	Ritter Hall/Gym
	Thurs	6:00 p.m. - 8:00 p.m.	
	Sat	9:00 a.m. – 12:00 noon	
All Levels Skills and Drills w/Coach Steve April Week 1: Beginners Lessons Week 2: Serving Class Week 3: Non-volley zone (kitchen) strategy Week 4: Transition Zone strategy	Mon	5:00 p.m. - 6:00 p.m.	Ritter Hall/Gym

NOTE: No pickleball the first Wednesday evening of every month. No pickleball on May 25.

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