



FAQs:

What fitness classes are offered?

REFIT®

REFIT® is a workout you can feel good about! With powerful moves and positive music, you'll discover an inspiring workout that changes your body, mind and soul. This cardio-focused class is effective and FUN -- perfect for beginners and challenging for fitness enthusiasts (which means it's a workout designed for everyBODY!) No need to practice or prepare for these workouts because the simplistic movements are easy to follow and will leave you sweating, smiling and wanting more! Be sure to bring your water bottle with you for this high intensity workout.

REV+FLOW by REFIT®

REV+FLOW by REFIT® is a dynamic workout that's easy on joints without compromising the intensity of the workout. REV+FLOW strengthens bodies and sculpts muscles through targeted, music-based movements, targeted toning and resistance training. Be challenged in new and unique ways through easy-to-follow movements and uplifting music. REV+FLOW is the perfect complement to your REFIT workouts. Be prepared to amaze yourself! Be sure to bring your water bottle, yoga mat, and lightweight dumbbells (optional, 1-3 lbs).

Holy Yoga

Holy Yoga is an experiential worship created to deepen people's connection to Christ. Our sole purpose is to facilitate a Christ honoring experience that offers an opportunity to believers and non-believers alike to authentically connect to God through His Word, worship, and wellness. Be sure to bring your water bottle and a yoga mat.

I'm not sure my body can do all the motions required, can I still attend?

EveryBODY is welcome! Our fitness instructors will offer modifications for anyone with physical limitations and will do their best to accommodate your needs. If you have any serious concerns, be sure to arrive early to class to discuss your needs with the instructor.

Can my teenager come with me?

Anyone 13+ is welcome!* We ask that everyone engage in the classes, so please leave your teen at home if they don't want to fully participate.

*Note: anyone under the age of 18 will need a parent or legal guardian present to sign a liability waiver.



Do I have to attend Grace to participate in fitness classes?

No! Everyone is welcome to join us.

Where are the classes held?

All classes will be held in the downstairs on the main building (farthest from Sheridan). Enter through the lower-level double doors, as all other doors will be locked for security purposes.

Do I have to sign up to attend?

No signup is required! However, all first-time attenders will be required to fill out a liability waiver so be sure to arrive early to your first class.