

BFC in 2025

Becoming Fit at Church Ministry

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.*



Our BFC/BFO Team Members

Volunteer their time and share years of health, fitness and nutrition experience, to create safe non-intimidating exercise classes modified for all levels or welcome new and seasoned Pickleball players to open play.

OUR BFC & BFO Participants

Improve health, wellness, strength, flexibility, and balance while exercising or playing Pickleball with old and new friends .

- All participants make a small donation (suggested \$3/session).
- One hundred percent of **BFC Exercise daytime** class donations are used for community service both locally and globally.
- **BFO Pickleball** donations are used to help offset program costs and/or support community service.

*Now it its seventeenth year BFC Ministry has raised
more than \$95,000 using participant donations for:*

Allen House; Capital City Youth Services; Capital Regional Health Care and TMH Heroes; Elder Care Services; FSU Wesley Foundation; Guatemala House Build; Hats and Mats for Friends; Hope Community; Kearney Center; Madison Youth Ranch; Merritt Brown and Nims Middle Schools; Refuge House; Ronald McDonald House; Second Harvest; Socks, Sacks & Supper; Student mission trip scholarships for FSU and UF; Trinity - Community Garden, HEO, Medical Missions Team, Snack Packs and chair project; Veterans Village; UMCOR; our sister church in Cuba; Financial assistance and gift cards for individual families in time of need; family from Ukraine; Jackets, raincoats, cooling towels, hats and back packs for our unhoused neighbors; Turkeys at Thanksgiving; Tallahassee teacher appreciation; and hurricane, flood & earthquake relief.

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

TWO BFC Ministry Programs

BFC Exercise and BFO Pickleball

Class Descriptions

- **Staying Strong**-easy, gentle basic exercise- seated and standing. Great for beginners.
- **Balance & Fall Prevention**- short workout to improve both
- **Variety Mix**-full body workout using a variety of exercises and equipment. Intermediate to advance including floor exercise.
- **Flex on the Floor** - flexibility exercises on the floor
- **BFO-Pickleball**- instruction for those who want to learn and open play for seasoned players (at FSU Welsey)

Class Schedule (avail both in-person and on Zoom except as noted)

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|---------------------|---|
| Tuesday 9:40 a.m. | Staying Strong |
| Tuesday 10:30 a.m. | Balance & Fall Prevention (in-person only) |
| Tuesday 11:00 a.m. | Variety Mix |
| Tuesday 12:10 p.m. | Flex on the Floor |
| Thursday 11:00 a.m. | Variety Mix |
| Thursday 12:15 p.m. | Staying Strong |
| Thursday 1:05 p.m. | Balance & Fall Prevention (in-person only) |
| Thursday 6:00 p.m. | BFO – Pickleball (in person only) |

Meet the BFC Exercise Instructor Team

Beth Curry, BS Exercise Science, ACSM-EP/ACS-CT, AFAA-PGE, CAFS, Exercise is Medicine®, Senior Fitness Specialist (*BFC Ministry Leader, Staying Strong, Variety Mix, Flex, Balance/Fall Prevention, BFO-Pickleball Co-Leader*)

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

Meet the BFC/BFO Team Members

Wayne Curry – BFO – Pickleball Co-Leader

Dan Drake – BFC Exercise support & BFO Pickleball Co-Leader

Kathy Drake – BFC Exercise support & BFO Pickleball Co-Leader

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

BFC Exercise Instructors are CPR certified & trained to modify exercises based on need.