

# The Christian Life Center

*Wellness of Body, Mind, & Spirit*

## Fall 2025 CLC Class Schedule



Class Name	Day	Meeting Time	Room	Intensity
Adult Full Court Basketball (Begins October 14)	Tues	7:00 p.m.—9:00 p.m.	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. Thurs	10:05 am—11:00 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	Friday	1:00 p.m.—3:00 p.m.	Cafe	●○○
Tend Strength & Toning	Wed	11:00 a.m.—12:00 p.m.	South Studio	●○○
Walking Track	Mon-Fri M, W, Th Sat	8:00 a.m.—3:30 p.m. 7:00 p.m.—8:00 p.m. 9:00 a.m.—4:00 p.m.	Walking Track	●●○
Yoga with Katherine	Tues Sat	11:00 a.m.—12:15 p.m. 9:30 a.m.—10:45 a.m.	North Conference Room	●○○

The CLC observes the Birmingham School District closing schedule for weather related closings (weather related, only: we will be open during school breaks) The areas affected for weather closures include The Christian Life Center, Preschool, Children & Student Ministry programs. The CLC will be closed the following dates: October 3-10 for Rummage sale, November 28 & 29 for Thanksgiving, December 1 for Advent by Candlelight, December 26-Jan 4, 2026.

**Pricing and registration deadlines for our classes vary. Visit [www.gatheredhereforgood/CLC](http://www.gatheredhereforgood/CLC) for an up-to-date schedule, pricing and registration deadlines.**




### Volunteers Make it Happen!

Do you have a warm, welcoming spirit? Volunteering at the welcome desk might be for you! Training and short shifts are available. Interested? Visit the volunteer section on our website or email us at [clcstaff@fumcbirmingham.org](mailto:clcstaff@fumcbirmingham.org)

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## Fall 2025 Pickleball Schedule

SEPTEMBER	Day	Meeting Time	Room	Intensity
Pickleball Drop-in	M, W, F	1:00 p.m.—3:00 p.m.	Ritter Hall/Gym	
	M	6:00 p.m.—8:00 p.m.		
	W	6:00 p.m.—8:00 p.m. (beginner)		
	Sat	10:00 a.m.—12:30 p.m.		
Beginner Lessons	Wed	5:00 p.m.—6:00 p.m.	Ritter Hall/Gym	
Rental Afternoons	T & Th	1:00 p.m.—3:00 p.m.	Ritter Hall/Gym	
Round Robin	Th	7:00 p.m.—9:00 p.m.	Ritter Hall/Gym	
OCTOBER	Day	Meeting Time	Room	Intensity
Pickleball Drop-in	M, W, F	1:00 p.m.—3:00 p.m.	Ritter Hall/Gym	
	M	6:00 p.m.—8:00 p.m.		
	W	6:00 p.m.—8:00 p.m. (beginner)		
	Sat	10:00 a.m.—12:30 p.m.		
Beginner Lessons	Wed	5:00 p.m.—6:00 p.m.	Ritter Hall/Gym	
Rental Afternoons	T & Th	1:00 p.m.—3:00 p.m.	Ritter Hall/Gym	
Round Robin	Th	7:00 p.m.—9:00 p.m.	Ritter Hall/Gym	
Ladder Leagues	Sat	12:30 p.m.—4:30 p.m.	Ritter Hall/Gym	
NOVEMBER	Day	Meeting Time	Room	Intensity
Pickleball Drop-in	M, W, F	1:00 p.m.—3:00 p.m.	Ritter Hall/Gym	
	M	6:00 p.m.—8:00 p.m.		
	W	6:00 p.m.—8:00 p.m. (beginner)		
	Sat	10:00 a.m.—12:30 p.m.		
Beginner Lessons	Wed	5:00 p.m.—6:00 p.m.	Ritter Hall/Gym	
Rental Afternoons	T & Th	1:00 p.m.—3:00 p.m.	Ritter Hall/Gym	
Round Robin	Th	7:00 p.m.—9:00 p.m.	Ritter Hall/Gym	
Ladder Leagues	Sat	12:30 p.m.—4:30 p.m.	Ritter Hall/Gym	
All Levels Skills and Drills	Mon	5:00 p.m.—6:00 p.m.	Ritter Hall/Gym	

NOTE: No pickleball the first Wednesday evening of every month. No pickleball October 3-10 for Rummage sale, November 28 & 29 for Thanksgiving, December 1 for Advent by Candlelight, December 26-Jan 4, 2026.

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