

# 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<br>(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 (September)                          | Mon-Fri<br>M, W<br>Th<br>Sat       | 8:00 a.m.—3:30 p.m.<br>6:00 p.m.—8:00 p.m.<br>7:00 p.m.—9:00 p.m.<br>9:00 a.m.—12:30 p.m. | Walking Track         | ●●○       |
| Walking Track (October)                            | Mon-Fri<br>M, W<br>Tues, Th<br>Sat | 8:00 a.m.—3:30 p.m.<br>6:00 p.m.—8:00 p.m.<br>7:00 p.m.—9:00 p.m.<br>9:00 a.m.—4:00 p.m.  | Walking Track         | ●●○       |
| Yoga with Katherine                                | Tues<br>Sat                        | 11:00 a.m.—12:15 p.m.<br>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)

# The Christian Life Center

Wellness of Body, Mind, & Spirit

## 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 |  |
| 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 |   |
| 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<br><small>(Note: 1 court for beginner on Wed, 2 for all levels from 6:00 p.m. to 8:00 p.m.)</small> | 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.   |                 |                                                                                       |
|                                                                                                                        | Sat     | 10:00 a.m.—12:30 p.m. |                 |                                                                                       |
| Beginner Lessons                                                                                                       | Wed     | 5:00 p.m.—6:00 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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