

The Christian Life Center

Wellness of Body, Mind, & Spirit

Winter 2025-26 CLC Class Schedule



Class Name	Day	Meeting Time	Room	Intensity
Adult Full Court Basketball	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	●○○
Mah Jongg Class Mah Jongg Guided Play Mah Jongg Open Play	Monday Monday Saturday	6:00 p.m.—8:00 p.m. 6:00 p.m.—8:00 p.m. 1:00 p.m.—3:00 p.m.	Cafe	●○○
Tend Strength & Toning	Wed	11:00 a.m.—12:00 p.m.	South Studio	●○○
Unite 3-on-3 Basketball	Saturday Saturday	9:00 a.m.—10:30 a.m. 10:30 a.m.—12:00 noon	Ritter Hall/Gym	●●○
Walking Track	Mon-Fri M, W Tues Thurs Sat	8:00 a.m.—3:30 p.m. 6:00 p.m.—8:00 p.m. 7:00 p.m.—9:00 p.m. 6:30 p.m.—8:30 p.m. 12:30 p.m.—4:30 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 Conf. Room Martin 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: December 22-January 4, January 19.

Pricing and registration deadlines for our classes vary. Visit 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

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Winter 2025-26 Pickleball Schedule

	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.		
	Th	6:30 p.m.—8:30 p.m.		
	Sat	12:30 p.m.—2:30 p.m.		
Beginner Lessons	Wed	5:00 p.m.—6:00 p.m.	Ritter Hall/Gym	
Ladder Leagues: Novice	Sat	2:30 p.m.—4:30 p.m.	Ritter Hall/Gym	
Ladder Leagues: Int/Adv	Sat	4:30 p.m.—6:30 p.m.		
Intermediate Skills and Drills With Coach Steve Week 1: Serving Week 2: Non Volley Zone Strategy Week 3: Transition Zone Strategy Week 4: Guided Strategy Play with Coach Steve	Mon	5:00 p.m.—6:00 p.m.	Ritter Hall/Gym	

NOTE: No pickleball the first Wednesday evening of every month. No pickleball December 22-Jan 4, 2026.

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