

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 | 10:05 am—10:55 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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