



## **FAITH & FITNESS CLASSES BY JEAN DEFERRARI**

**The purpose of our Faith & Fitness Classes** is to help people connect their physical fitness with their spiritual fitness. Classes include devotion and prayer and focus on helping everyone reach their goals and build healthy relationships.

**LOCATION:** Coastal Christian Church, 2686 Bayshore Blvd, Dunedin, FL 34698

**CONTACT/SIGN UP:** Call or email Jean. **DO NOT CALL THE CHURCH.**

**Call-text: 727-698-8800, or [jean@jeanmariefitness.com](mailto:jean@jeanmariefitness.com) & reserve your 1<sup>st</sup> class**

### **JULY CLASS SCHEDULE:**

Monday at 9:30am-10:15am - July 7, 14, 21, 28

Wednesday at 5pm-5:45pm- July 2, 9, 16, 17, 24, 30

**Cost:** \$5 per class (first class is free).

### **CLASS DESCRIPTION: Essentrics® Stretch & Tone:**

Combines dynamic stretching and toning exercises that will improve mobility, flexibility and develop a strong, toned body. The focus is on slow controlled movements around joints that will unlock tight muscle chains and fascia. Use correct form and alignment, improve body awareness, range of motion and reduce stiffness and pain. Classes are for women and men of all ages and fitness levels.

**Format:** 5 Min. Warmup/Introduction to the Essentrics Technique, 30 Mins. Full Body Standing Dynamic Stretching, 5-10 mins. Cool down and Chair stretches.

**What to Bring:** water, a firm mat that you can stand and move on without losing balance (no soft mats) bare feet (no sneakers are required).

**For more info. visit [www.JeanMarieFitness.com](http://www.JeanMarieFitness.com)**

## **REGISTRATION FOR GROUP FITNESS CLASSES**

## At COASTAL CHRISTIAN CHURCH

Name \_\_\_\_\_ Enrollment Date \_\_\_\_\_

Address \_\_\_\_\_

Street

City

Zip Code

Mobile Phone \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone \_\_\_\_\_

**FREE TRIAL CLASS:** New students can try their first class for free. Call Jean at 727-698-8800 to reserve your first class.

**PAYMENTS:** Pay \$5 for classes by cash before class starts.

**ADVANCED NOTICE:** It's helpful if you reserve your classes 2 hours in advance so that Jean can set up the class area and move the tables and chairs necessary.

### **CLASS POLICIES:**

Be sure to inform Jean about your injuries, previous surgeries and medical conditions.

Avoid wearing perfumes or scented lotions to class; others around you may be sensitive to chemicals and scents.

No cell phones during class. Ringing cell phones can be distracting (put phones on silent please).

I hereby certify that I have had a proper physical from my physician. I undertake to inform the instructor of any specific physical conditions that I may have. I release Jean Marie Fitness & Pilates LLC from any liability for injuries or physical problems.

Signature \_\_\_\_\_