

Family Life Center

March 2008

In His Grip Golf Tournament

is coming up on April 4th
2008 Call the FLC
for more information.

Softball

Men's and Women's
Church Softball Leagues
Begin in March.

Register at the Family Life
Center by **February 15th**.
Cost is \$30 per person.

Taekwondo

A new session of
Taekwondo began
January 22nd. The
session lasts for nine
weeks (January 22nd
through March 13th).
Taekwondo is open to
kids or adults. Contact
the FLC for more
information concerning
fees and registration.
Another session will
begin following this
session.

Morning Devotion

Get your day started right
at the Family Life Center.

Join us at 6:30 a.m.
Monday, Wednesday,
and Friday for a short
devotion. You can get in
a short workout as well.

It is a great time of
fellowship and renewal
to begin your day!

Junior Golfers. The Wiregrass Church Youth Golf Association

is a great way for youth ages 5 - 17 to get involved in the game of golf. The membership fee is \$75 per child. Membership includes complimentary green fees on the short course at the Robert Trent Jones Highland Oaks Golf Course, free instructional clinics once a month during the summer, three golf tournaments during the summer, weekly competitions, and discounted driving range balls. **There will be a kick-off clinic on March 30 at the Highland Oaks Golf Course Driving Range. Registration Deadline is March 30.** To join or get more info call the Family Life Center at 792-3217.

Family Camping Trip

to Prairie Creek Campground. March 7-9. A time for families to get together and enjoy the outdoors. Prairie Creek is a great campground for families. It has a beautiful setting on the Alabama River. It is about 25 miles west of Montgomery and is about a 2 and a half hour drive from Dothan. Contact Brad in the FLC for more information and to reserve a campsite.

Try Getting in Shape for the New Year by Hiring a Personal Trainer!

Training with Kris: Helping you reach your fitness goals!
Kristina Suominen is an AFPA Certified Personal Trainer.

Contact Information:

(334) 671-3735 or (334) 701-8906 or Bsuominen@graceba.net

Aerobics

We are offering
morning classes
Monday and Wednesday
at 9:00am and
afternoon classes
Tuesday and Thursday
at 5:00pm. Call the
FLC at 792-3217 for
more information.
Or ask for our
Aerobics Flyer.
All classes are One
Dollar.

Join the Family Life Center today!

Membership Fees:

FBC Membership:

Single \$20 per year
Family (3-5 Members) \$50 per year

Community Membership:

Single \$200 per year
Family (3-5 Membership) \$300 per year
Senior Adult \$70 per year

CBA Membership:

Single \$25 per year
Family (3-5 Members) \$60 per year

Hours of Operation:

Monday	5:00am-9:00pm
Tuesday	5:00am-9:00pm
Wednesday	5:00am-7:00pm
Thursday	5:00am-9:00pm
Friday	5:00am-6:00pm
Saturday	9:00am-1:00pm
Sunday	Closed

Phone: 792-3217 E-mail: brad@fbcdothan.org Address: 300 West Main St., 36302