



THE FITNESS CENTER of Lilburn



New Mercies
Christian Church
Jesse Curney, III Senior Pastor

2026 FITNESS CHALLENGE

THURSDAYS

6:30 PM – Strength & Conditioning | Fitness Center
Trainer Tramell Smith

DESCRIPTION: A focused strength and conditioning class emphasizing functional movement, core stability, balance, and proper form. Designed to improve consistency, performance, and overall fitness in a supportive group setting.

FRIDAYS

7:00–8:15 PM – Line Dancing | April 24 & May 15
Elementary Room, Youth Center

DESCRIPTION: A fun, rhythm-based class featuring easy-to-follow steps set to great music. Improves coordination, balance, and cardiovascular fitness while creating a high-energy group experience.

SATURDAYS

9:00 AM – Saturday Morning Bootcamp | Fitness Center
Coach Quintin

DESCRIPTION: A high-energy bootcamp focused on full-body strength, cardio, agility, and endurance using circuit training and team-based drills.

9:30 AM – Coach Miller’s Fitness Class | Fitness Center

DESCRIPTION: A dynamic full-body workout combining strength training, conditioning, and athletic movement with emphasis on proper technique and endurance.

10:00 AM – Golf Clinic | April 25 & May 9

Sugar Creek Golf & Tennis Club
2706 Bouldercrest Rd, Atlanta, GA 30316

DESCRIPTION: A hands-on group golf clinic covering swing fundamentals, short-game skills, and basic course etiquette for all experience levels.

11:30 AM – Zumba Gold (Class Series) | April 25 – May 23
Fitness Center

DESCRIPTION: A low-impact, instructor-led dance fitness-class focused on balance, coordination, flexibility, and cardiovascular health at a comfortable pace.

1:00–2:00 PM – Boxing w/ Coach Juice | Fitness Center

DESCRIPTION: A high-energy, non-contact boxing fitness class where participants learn how to properly throw powerful punches and protect themselves using proven techniques taught by pro boxer Julian “The Juice” Kelly. Improves cardio, strength, coordination, and confidence.

Prayer Walk | TBD | Designated Outdoor Route

DESCRIPTION: A guided group walk combining light physical activity with reflection and encouragement to promote wellness, mindfulness, and community connection.

Stone Mountain Group Walk

DESCRIPTION: A scenic group walk designed to build endurance, accountability, and fellowship through outdoor activity.

Kids’ Golf Introduction Session

DESCRIPTION: A fun, age-appropriate introduction to golf fundamentals focusing on coordination, confidence, and enjoyment of the sport.

SCAN HERE TO REGISTER TODAY



Come Experience *God’s* New Mercies