



# LIFE CLASSES

FALL 2021



## Women's Class Led by Julie Opperman Cost \$8

Tuesdays 6:30 - 8pm  
Sept. 14th - Nov. 2  
or  
Wednesdays 9 - 11am  
Sept. 15 - Nov. 3



## (Co-ed) | Led by Sherry Lust No Cost

Tuesdays 6:30 - 7:30pm  
or Wednesdays 10:30 - 11:30am

Weeks 1 - 4: Tuesdays Sept. 7 - 28  
or Wednesdays Sept. 8 - 29

Weeks 5 - 8: Tuesdays Oct. 5 - 26  
or Wednesdays Oct. 6 - 27



## Led by Pastors Steve Holdaway and Steve Hicks No Cost

Wednesdays 6:30 - 8pm  
Sept. 15 - Nov. 10



## Men's Class led by Terry Lust Women's Class led by Sherry Lust Cost \$31.50

Men & Women  
Mondays 7 - 8:30pm  
Weeks 1 - 10: Sept. 13 - Nov. 15, 2021  
Weeks 11 - 15: Jan. 10 - Feb. 7, 2022

## Women's Wed. Morning Class 9 - 10:30am Weeks 1-10: Sept. 15 - Nov. 17, 2021 Weeks 11-15: Jan. 12 - Feb. 9, 2022

## Respectfully Yours

Tuesday Class, September 14 - November 2  
or Wednesday Class, September 15 - November 3

Discover the secret that empowers a woman to influence the man in her life. Ephesians 5:33 reveals a truth hidden in plain sight for nearly 2,000 years, that a husband is to love and a wife is to respect. What does respect look like and how do I actually do this?

## Know What You Believe: Systematic Theology

Wednesdays, September 15 - November 10

Topics we will cover are: Who is God and what is He like? Who is Jesus the Son of God? Who is the Holy Spirit and how does He work? What is the Bible and how important is it? What does the Bible say about man, sin, the world, angels, and the devil? What is salvation and how is a person saved? What is the church and its role in culture? What is going to happen in the future?

Theology is important because we believe it affects how we live. If you are a new Christ follower or more mature Christian looking for a refresher course in the basics of the faith, this class is for you.

## Essentrics (Equipment needed: exercise (yoga) mat)

Weeks 1 - 4: Tuesday Class, September 7 - 28 or Wednesday Class, September 8 - 29

Join us for a full body slenderizing routine that uses fluid and fun movements to elongate your muscles while increasing flexibility.

This workout is composed of standing and floor work (*if you do not feel comfortable going to the floor, you may join the class for only the 30 minute standing portion*)

Weeks 5 - 8: Tuesday Class, October 5 - 26 or Wednesday Class, October 6 - 27

Join us for a full-body strengthening, stretching and rebalancing with an emphasis on shoulders and hips.

## Romans: Precept Upon Precept

Weeks 1 - 10: Mondays, September 13 - November 15, 2021

Weeks 11 - 15: Mondays, January 10 - February 7, 2022

Weeks 1 - 10 (Women's Class): Wednesdays, September 15 - November 17

Weeks 11 - 15 (Women's Class): Wednesdays, January 12 - February 9

The first five chapters of Romans explain the foundational doctrines of our faith. This 15 week study will help you gain an excellent grasp of the doctrine of salvation!

CHILD CARE WILL NOT BE OFFERED BY THE CHURCH FOR LIFE CLASSES THIS FALL

REGISTER BY EMAIL: [MAIL@LIFESPINGCHURCH.COM](mailto:MAIL@LIFESPINGCHURCH.COM)