

THE GYM

@ Marietta
First Baptist
Church

I press on toward the goal for the prize
of the upward call of God in Christ Jesus.

Philippians 3:14 esv

Welcome!

Thank you for your interest in our Gym and Family Life Center! We offer a full weight room, walking track, basketball and pickleball for your fun, fellowship and physical health. Our desire is to see the people of our community and our church develop physically, mentally, socially and spiritually in a fun, casual, Christ-centered atmosphere with Christian leadership.

Our Regular Hours

Monday - Thursday 8:30 am - 3:30 pm

Friday 8:30 am - 12:30 pm

Tuesday & Thursday Evenings 6 pm - 8 pm

Please note, our hours can change without notice as we are often used for private and church functions. Your understanding and cooperation are appreciated.

General Requirements

You must sign in every time you visit our gym. Give your 1) First and Last Name 2) Emergency Contact Name and Phone Number.

You must be 13 years old to use our gym alone. 12 & Under must have Parent or Guardian with them.

1. Marietta First Baptist Church is first and foremost a house of worship. Our gym is part of our church, and we require everyone to always conduct themselves in a Christ-like manner anywhere on our property.

2. Foul or abusive language will not be tolerated.

3. Smoking, Vaping, or tobacco products are not allowed to be used anywhere on our property.

4. Modest attire is always required. Shorts must be a proper length. Exposed midriffs are not permitted. Shirts must be worn at all times and pants worn at your waist.

5. No Street Shoes or High Heels Are Ever Permitted Inside Our Gym. Only proper athletic type shoes are allowed.

6. Anyone participating in activities must be 13 years or older, or must be accompanied by an adult, or be participating in a church activity overseen by an adult.

7. Dunking Is Not Allowed.

8. We reserve the right to move play from full-court to half-court at any time to allow younger children to use the courts as well.

9. Your child's safety is very important to us. For this reason, we will not allow them to leave our campus on open gym nights, until you arrive to pick them up. Parents, please be prompt to pick up your children by 8 pm. Thank you for your cooperation.

10. Team practices are only allowed on Friday evenings and they must be scheduled through the Church Office. The Office phone number is 864 836-3518.

Weight Room & Fit-4-Him Exercise Requirements

Our Weight Room is open anytime the gym is. Ladies' Fit-4-Him excercise classes are held occasionally as interest dictates.

If you want to include our Weight Room with your visit:

1. You must fill out an application. These are available at the gym entrance desk in the evening, or from the Church Office during the day.

2. There is a one-time charge of \$20.

3. Orientation is required. This walk-through will show you how to use the equipment and explain our weight room guidelines.

4. Once you've completed these first 3 steps, your application will be processed and you will be issued a scan device that will open the weight room door.

5. For insurance purposes, this scan device is only for the individual named on the application. Every Person Must Fill Out Their Own Application And Obtain Their Own Scan Device.

6. Return all weights and dumbbells to their proper storage rack when you are finished using them.

7. Remove weights from weight bars when you are finished.

8. Be courteous of others working out by rotating and sharing equipment.

9. Gym wipes are provided. Always wipe down the handles and seats of the equipment you use.

10. If you want to listen to music while working out, you must use earbuds or headphones so that you do not disturb others working out.

Weight Room & Fit-4-Him Age Requirements

Ages 12 & Under - Not Allowed inside the Weight Room or Fit-4-Him Room.

Ages 13 - 15 - Must have an application filled out and be with a Parent or Guardian to be inside the Weight Room or Fit-4-Him Room. Parent or Guardian is responsible for making sure the equipment is used correctly and safely.

Ages 16 - 17 - Must have an application filled out, signed by Parent or Guardian (in person). Must go through Orientation. Must purchase a scan device for \$20.

Ages 18 & Up - Must fill out an application. Must go through Orientation. Must purchase a scan device for \$20.

The Staff and Recreation Ministry Team of Marietta First Baptist Church reserve the right to be responsible for the interpretation and enforcement of all the rules of conduct described in this brochure.



You're Invited To Come Worship With Us!

We are so glad you have come to workout with us! We would love to help you grow spiritually as well as physically. We would love to have you worship with us! We, as a church believe that we should do "whatever it takes" to keep our minds clean and healthy.

Pastor Brian

Brian Spearman, Senior Pastor
Marietta First Baptist Church

Praise & Worship

Sundays @ 9:30 am & 6 pm

Midweek Activities

Wednesdays @ 6:30 pm

mfbc-sc.org

The ABC's of Salvation

A.

Admit You Have Sinned.
(Done Wrong)

For all have sinned and fall short of the glory of God.
Romans 3:23

B.

Believe Jesus Is Lord.

Jesus said, "I am the way, the truth and the life. No one comes to the Father except through me.
John 14:6

C.

Call On Jesus To Save You.

If you confess with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved.

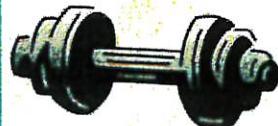
Romans 10:9

If you want Jesus to save you, pray something like this...

Dear God, I know that I've done wrong and need Jesus to save me. I believe Jesus died for the wrong things I've done and was raised from the dead. I receive Jesus and ask Him to be my Savior and Lord of my life.

Thank you Jesus for saving me.
In Jesus' name, Amen.

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