



Howard Thurman

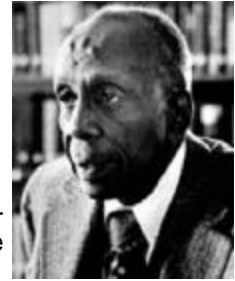
B i b l e I n s t i t u t e

**FREE CHILCARE IS PROVIDED FOR
CHILDREN OF
HTBI STUDENTS
TUESDAY & THURSDAYS
6:30 — 8:45 pm**



About Howard Thurman

Howard Thurman (born 1900 in Daytona Beach, Florida - April 10, 1981 in Daytona Beach, Florida) was an author, philosopher, theologian, educator and civil rights leader. In 1923, Howard Thurman graduated from Morehouse College as valedictorian. After he was ordained a Baptist minister in 1925, he became the first black dean at Boston University and then the first dean of Rankin Chapel at Howard University in the District of Columbia. Thurman was the author of 20 books of ethical and cultural criticism. The most famous of his works, *Jesus and the Disinherited* (1949), deeply influenced Martin Luther King Jr. and other leaders of the modern Civil Rights Movement. In 1944 Thurman left his prestigious tenured position at Howard to help the Fellowship of Reconciliation establish the first racially integrated, intercultural church in the United States, the Church for the Fellowship of All Peoples in San Francisco, California. *Ebony* magazine called Thurman one of the 50 most important figures in African American history, and *Life* rated him among the 12 best preachers in the nation. Thus, it is in his honor, Howard Thurman that FWBC names this biblical institute.



The Howard Thurman Bible Institute

In order to Educate, Empower and Edify the FWBC congregation and surrounding community, there is a growing need to provide tools and resources needed for spiritual growth. This bible institute will be readily accessible by all desiring not only to succeed, but also to excel in their spiritual development. The ability for FWBC to minister to the needs of those partaking of this groundbreaking event will further enable the motto to come to life: "Equipping Changed People to Change the World." Providing an in-house educational center will help FWBC answer the calling to discover and develop God-given gifts and become sanctified stewards of talents, time, money and minds; and through the power of the Holy Spirit make a difference in the community and the world.

Our Mission

The Howard Thurman Bible Institute is committed to developing and growing members in a meaningful way that will lead members into a closer encounter with our Lord and Savior Jesus Christ. It is our hope that this closer intimacy with Jesus will lead to a ministry of empowerment, Godly Christian living, and a thirst for higher biblical learning. The Howard Thurman Bible Institute was formed to transform the mind of believers through socially conscience teaching and sound doctrine through the power of the Holy Spirit to make a difference personally and corporately. We are further called to demonstrate and live out God's love, share the gospel, be a blessing to the hurting and the needy, empower the oppressed, and confront injustice to the end that God will be glorified in all that we say and do.

Our Vision

To empower, edify and educate believers to Think Biblically, Live Christianly, Serve Effectively and Reproduce Consistently.

Our Goals

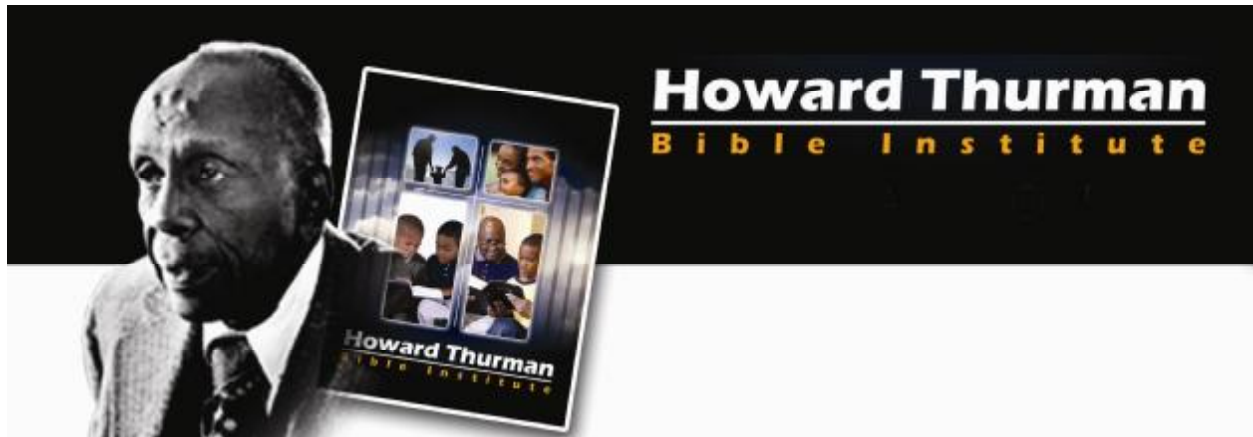
To foster an environment that increases the knowledge of, and enhances the appreciation for our faith in Jesus Christ, African-American heritage and identity; To provide a program of continuing and advanced education that will enable participants to invest their God-given abilities in more fruitful living and overcome the challenging realities of life; To provide professional training for Christian ministers, leaders and other laypersons, that promotes high standards of scholarship, morality and spiritual growth, and competence for ministry in a variety of cultural settings; To provide a foundation based on sound doctrine, scholarship and moral ethics.

Advisory Council

The advisory council consists of 10 lay leaders and persons representing the vast demographics of Friendship-West Baptist Church. This council will make course recommendations to the Senior Pastor, as well as evaluate and administrate the Howard Thurman Bible Institute.

About Us

The Howard Thurman Bible Institute offers practical life enrichment classes coupled with advanced biblical studies for persons interested in advancing his or her spiritual growth and knowledge of God. Our classes are offered in eight week terms throughout the year. Three, two and one year, certificate programs are available with specific courses are prescribed for each of the certificate programs. A course may not apply toward two different certificates. Elective classes are also available.



Admission Requirements

The Howard Thurman Bible Institute maintains an open enrollment policy. Anyone may enroll in individual courses without committing to a certificate program. An admissions application is included in this course guide.

Registration

Register for Howard Thurman Bible Institute classes by completing a registration form and return it to the Howard Thurman Bible Institute Center information table in the lobby of Friendship-West Baptist Church on specific registration days or return completed form to Friendship-West Baptist Church Administrative Office, Monday - Friday from 9:00 am - 4:30 pm. You may also register on-line at www.friendshipwest.org.

Course Length

8 week sessions - Tuesday or Thursday from 7:00 - 8:30 pm weekly unless otherwise specified.

Course Fees

Early Bird registration is \$10.00 (December 16– January 16, 2010; on-line only)

Beginning January 17, 2010 registration is \$15.00 (on-site only).

International Sunday School Lesson and New Member Orientation Classes are free.

Method of payments accepted are check, cash, money order or credit card. Please make checks payable to “Friendship-West Baptist Church”.

Course Materials

Books and other study materials may be required for an additional fee. Most books are available in the III Pyramids bookstore located in the Narthex of FWBC. The hours are extended during the first two weeks of Bible Study. Normal hours of operation are Sunday after both worship services.

Childcare

Childcare is free and available for students from 6:30 — 8:45 pm.

Questions?

You may visit our website at www.friendshipwest.org for additional information, email HTBI@friendshipwest.org or call our Administrative Office at 972-228-5237.



Certificate Programs

Four Year Certificate Program

Ministers In Training Program (82 Hours/27 Classes)
Completion of MIT program (See MIT Handbook)

The Scholars Track (57 Hours)

(Completion of 17 Classes and 2 Core Classes FD102 & FD104)

1. Completion of Biblical Studies Program
2. Completion Certification of Theological Studies

Three Year Certificate Program

Certificate of Biblical Studies (42 Hours / 14 Classes)

1. Completion of New Testament Studies
2. Completion of Old Testament Studies

Certification of Theological Studies (42 Hours / 14 Classes)

1. (TS101) Introduction to Biblical Languages I
2. (TS102) Introduction to Biblical Languages II
3. (TS201) The Holiness of God
4. (TS301) Rapture, Revelation and End Times
5. (CA101) Master Plan for Evangelism
6. (TS500) Completion of Teacher and Leadership Certification (6 Hours)
7. (TS601) Introduction to Hermeneutics
8. Any two classes offered from the Theological Studies curriculum
9. Completion of the four core classes.

Certificate of Faith Based Lay Counseling (42 Hours / 14 Classes)

1. (LC101) Introduction to Biblical Counseling
2. (LC201) Bereavement Counseling: Pastoral Care for Complicated Grieving
3. (LC202) Counseling Survivors of Traumatic Events
4. (LC301) Anger Management
5. (LC 401) Understanding and Counseling Persons with Alcohol, Drug and Behavioral Addictions
6. (LC502) Counseling African American Marriages and Families
7. (LC601) Helping Those Who Hurt
8. (LC701) No Secrets, No Lies: How Black Families Can Heal From Sexual Abuse
9. Any two classes offered from the Lay Counseling Curriculum
10. Completion of the four core classes

Certificate of General Studies (42 Hours)

1. Select 10 classes from any five certificate programs
2. Completion of the four core classes

Two Year Certificate Program

Completion of 3 Major Classes, 1 Elective and 4 Core Classes

Certificate of African American Biblical Studies

1. (AA101) Black Church Beginnings: The Long-Hidden Realities of the First Years
2. (AA301) This Is My Story: Testimonies and Sermons of Black Women in Ministry
3. (AA401) Defending Black Faith
4. Any classes offered from the African American Biblical Studies Curriculum
5. Completion of the four core classes

Certificate of New Testament Studies (24 Hours/8 Classes)

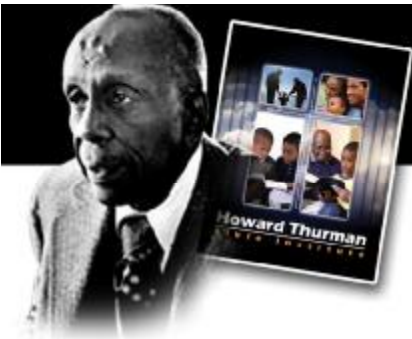
1. (NT201) Survey of New Testament I
2. (NT301) Survey of New Testament II
3. (NT 401) Survey of New Testament III
4. Any class offered from the New Testament Curriculum.
5. Completion of the four core classes

Certificate of Old Testament Studies (24 hours/8 Classes)

1. (OT101) Survey of Old Testament I
2. (OT201) Survey of Old Testament II
3. (OT301) Survey of Old Testament III
4. Any class offered from the Old Testament Curriculum
5. Completion of the four core classes

Certificate of Christian Leadership (24 hours/8 Classes)

1. (CLD101) Spiritual Leadership
2. (CLD201) God's Armor Bearer
3. (CLD404) Avoiding Leadership Mistakes
4. Any class offered from the Leadership Curriculum
5. Completion of the four core classes



Certificate Programs

Two Year Certificate Program (Cont.)

Completion of 3 Major Classes, 1 Elective and 4 Core Classes

Certificate of Family Studies (Tract A -24 hours/8 Classes)

1. (FSA101) Pillow Talk: The Art of Communication in Marriage
2. (FSA202) Can Two Walk Together? Encouragement for Spiritually Unbalanced Marriages
3. (FSA501) The Excellent Wife: A Biblical Perspective (FSA502) The Exemplary Husband
4. Any class offered from the Family Studies Curriculum
5. Completion of the four core classes

Certificate of Family Studies (Tract B -24 hours/8 Classes)

1. (FSB101) Single, Married, Separated, and Life After Divorce
2. (FSB301) Choosing God's Best
3. Any two classes offered from the Family Studies Curriculum
4. Completion of the four core classes

Certificate of Intercessory Prayer (24 hours/8 Classes)

1. (PR101) Praying to Change Your Life
2. (CA101E) The Master Plan of Evangelism
3. (LC504E) Caring for God's People
4. Any class offered under the Intercessory Prayer Curriculum
5. Completion of the four core classes

Certificate of Public Safety (24 hours/8 Classes)

1. (CA101E) The Master Plan of Evangelism
2. (CLD201) God's Armor Bearer
3. (CLD101) Spiritual Leadership
4. (CL301) Christian Ethics
5. Completion of the four core classes

Certificate of Personal Growth (24 hours/8 Classes)

1. (PG101) When Pleasing Others Is Hurting You: Finding God's Patterns for Healthy Relationships
2. (PG201) Who's Pushing Your Buttons: Handling the Difficult People in Your Life
3. (PG301) The Search for Significance
4. Any class offered under the Personal Growth Curriculum
5. Completion of the four core classes

Certificate of Christian Living (24 hours/8 Classes)

1. (CL101) The Peacemaker: Biblical Ways to Resolving Personal Conflict
2. (CL201) Breakthrough Prayer
3. (CL301) Christian Ethics
4. Any class offered under the Christian Living Curriculum
5. Completion of the four core classes

Foundational Classes (required for all certificate programs - 12 hours)

1. (FD101) Know What You Believe: Connecting Faith and Truth
2. (FD102) Listening to God: Spiritual Formation
3. (FD103) How to Study the Bible and Enjoy It
4. (FD104) The Stewardship of Life

Floating Electives: (Can be substituted for any elective in any program)

1. (TS101) Introduction to Biblical Languages Part I (Greek)
2. (TS102) Introduction to Biblical Languages Part I (Hebrew)
3. (CLD201) God's Armor Bearer

Certificate Programs Codes

FD = Foundational Core Classes

CL = Christian Living

PG = Personal Growth

TS = Theological Studies

FSA= Family Studies (Tract A)

FSB= Family Studies (Tract B)

ISSL= International Sunday School

PR= Intercessory Prayer

LC = Faith Based Lay Counseling

NT = New Testament

OT = Old Testament

CLD = Christian Leadership Development

AA = African American Biblical Studies

CA = Apologetics

SM = Public Safety

E = Elective

*Note: Not all elective courses are listed in the catalog, nor are all courses offered every semester. Those who have completed Teacher and Leadership Certification are exempt from taking FD101 & FD103, but must take FD102 & FD104.



2010 Winter Session Schedule

Fees: Early Bird Registration is \$10 (On-site and On-line) from December 16, 2010. Beginning January 17, 2010 registration is \$15 (On-site only)

Tuesday Classes Beginning January 26, 2010 (Eight-Week Sessions)

(FD104) The Stewardship of Life - Ordering Your Private World

We have schedule planners, computerized calendars, and self-stick notes to help us organize our business and social lives every day. But what about organizing the other side of our lives--the spiritual side? One of the great battlegrounds of stewardship is within the private world of the individual. The values of our Western culture incline us to believe that the busy, publicly-active person in ministry is also the most spiritual. Tempted to give imbalanced attention to the public world at the expense of the private, we become involved in more programs, more meetings. Our massive responsibilities at home, work, and church have resulted in a lot of good people on the verge of collapse. In this class you will be equipped to live life from the inside out, cultivating the inner victory necessary for both public and private ministry effectiveness. *(Required book: Ordering Your Private World by Gordon MacDonald).*

(CL301) Christian Ethics

How does a person judge what is ethical? What is the standard, and can it work in all situations? This class shows how you can live with integrity by using the Golden Rule as your standard, regardless of religion, culture, or circumstances. Along the way, it delves into the desires of the human heart, reveals the five most common pitfalls that throw people off the ethical track, and teaches how to develop the Midas touch when it comes to personal integrity. *(Required book: Christian Ethics: Contemporary Issues and Options by Norman Geisler).*

(CLD201) God's Armor Bearer

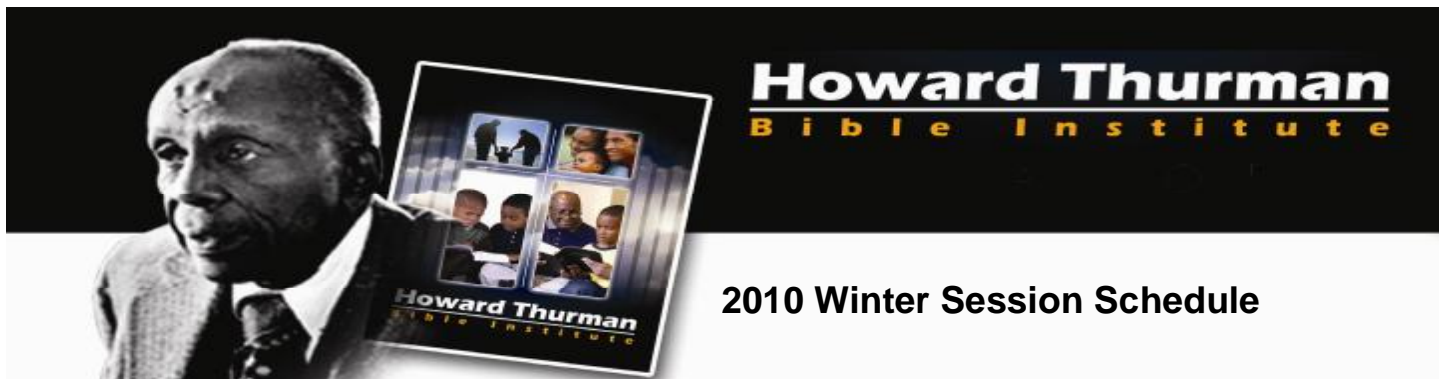
Leaders in the Bible often chose loyal "armor bearers" to assist and protect them. Christian leaders today also need dedicated assistants to turn visions into reality. Like leaders in the Bible, pastors today need Christians willing to help in the role of God's Armor Bearer. Reaffirming the significance of the local church, Understand the importance of Running with your Pastor's Vision. Learn how to get "plugged into" your congregation; leave your comfort zone; develop your gifts for spiritual service. This class uses biblical examples of servant-hearted helpers to help you discover and develop the essential qualities of an integral team player! *(Required book: God's Armor Bearer Volumes 1 & 2: Serving God's Leaders by Terry Nance).*

(FSA 205) The Marriage You have Always Wanted

Marital Bliss? Wife is a nag! "My husband thinks I'm his slave! "We just don't love each other anymore. Common phrases in an all too common world of marital failure. Is your marriage turning out differently than you expected? This class offers the hope you've been looking for. This class will help you get your marriage off to a good start or back on the right track with advice that is both biblical and practical. Marital happiness is not automatic, but the practical application and the helpful information will put couples well on their way to successful and fulfilling marriages. *(Required book: The Marriage You've Always Wanted by Gary Chapman).*

(PG407E) Choosing Forgiveness: Your Journey to Freedom

This class shows people how forgiveness can unlock the prison of resentment, bitterness and ill health. When someone says, "I can forgive, but I cannot forget," they are really saying, "I will not forgive." Unforgiveness, resentment, and bitterness are spiritual maladies that keep many people from living a Spirit-filled life. Keeping score of all the hurts we have suffered does more spiritual damage to us than those who have offended us. Additionally, we can suffer serious physical illnesses because of unforgiveness. Is it difficult to forgive? Absolutely, but the rewards are well worth it. *(Required book: Choosing Forgiveness: Your Journey to Freedom by Nancy Leigh DeMoss).*



2010 Winter Session Schedule

Fees: Early Bird Registration is \$10 (On-site and On-line) from December 16, 2010. Beginning January 17, 2010 registration is \$15 (On-site only)

Tuesday Classes (Cont.) Beginning January 26, 2010 (Eight-Week Sessions)

(ISSL104) International Sunday School (4th quarter)

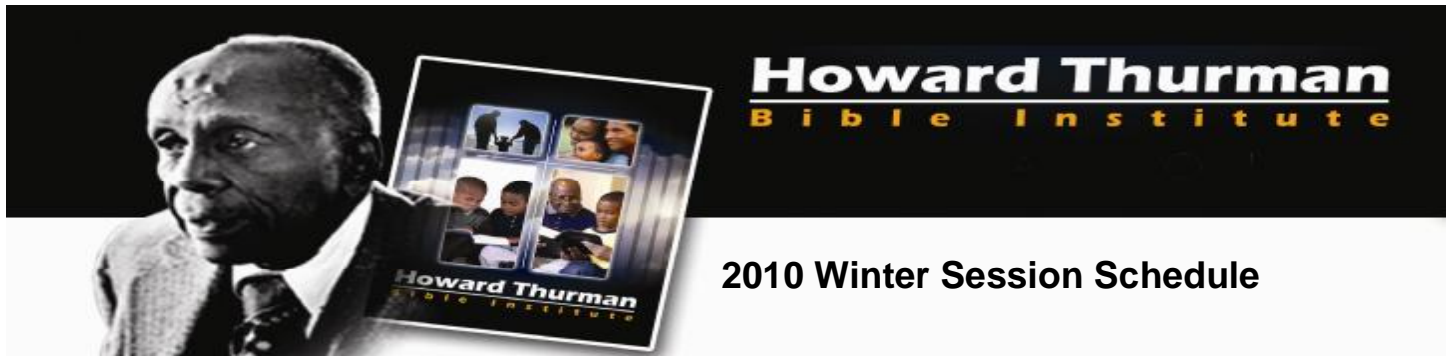
The first half of this session explores the challenge of living in covenant. It also offers the exile as a consequence of breaking covenant with God. Finally, it looks at the restored covenant relationship that God offers. Lessons will come from 1 Kings, 2 Kings, and 2 Chronicles. The second half of this session introduces Jesus Christ and provides insight into His work. These lessons provide a theological framework for understanding where Jesus came from and what He came to do. (Course materials provided)

(TS303) Two Views on Women in Ministry: An Analysis and Application of 1 Timothy 2:9-15 and other Scriptures

What does the Bible say about women's roles in the church? With pros and cons on either side of a heated, ongoing debate, no definitive conclusions have emerged. The purpose of this class is to furnish you, the concerned Christian, with a clear and thorough presentation of the two primary views on women in ministry so you can better understand each one's strengths, weaknesses, and complexities. Each view--egalitarian (equal ministerial opportunity for both sexes) and complementarian (ministry roles differentiated by gender)--is discussed in this class. This class will offer thoroughly qualified insights based on careful biblical scholarship and personal experience. (No book required)

(PR101) Praying to Change Your Life:

What do you say when you pray? What is the purpose for praying? Since the Lord knows what we need before we pray, why pray at all? These questions have been asked over the centuries. This class will answer these questions and more. Whether you are interested in everyday prayer for yourself or are called on to pray on behalf of others this course is for you. In this action-oriented, results-driven, how-to course, "pray-ers" will learn what prayer is, why you should pray, whom you pray to, and how to pray as you discover the important keys that Jesus taught His disciples about prayer. You will receive the necessary tools and skills to pray powerful, strategic, scripture based prayers that will empower you to pray in a manner, which will accomplish God's will and produce His plans for your life, business, career, community, and the world. (Required book: *Praying to Change Your Life, A Guide to Productive Prayer*. Suzette T. Caldwell)



2010 Winter Session Schedule

Thursday Classes Beginning January 28, 2010 (Eight-Week Sessions)

(FD101) Know What You Believe

What does the Bible teach about God, Jesus and the Holy Spirit? What do angels, Satan and demons have to do with reality? What place should the Bible or a church have in my life? Perhaps you think you know what others are telling you to believe, but deep down inside you wonder, "What is really important to my own faith?" If so, you need to know...a Christian's faith must be grounded in truth.

(Required book: Know What You Believe by Paul Little)

(CLD406E) Conflict Resolution in the African American Church

A music minister resigns from his church because several board members threaten to have him removed if he does not return to a traditional worship style. Several people stop tithing in protest when their church decides to spend money on a new gym rather than a new fellowship hall. As a church starts a second service to accommodate their growing congregation, thirty members leave because they want to start a new building project instead. The consequences of unresolved conflict in the church are disastrous. A small argument can grow into a tug-of-war that rips the church apart. From personality conflicts to power politics, the causes of discord in the church are as diverse as the people involved in them. But you can handle the variety of conflicts that you encounter daily if you have a fundamental understanding of the nature of conflict. This class will help you recognize the roots of conflict, develop communication skills to manage conflict, and even learn to transform conflict from an affliction to an asset. *(Required book: Managing Conflict in the Church by David W. Kale).*

(FSB106) Finding the Right One for You: Secrets to Recognizing Your Perfect Mate

This class helps people make the right choices that will lead to the kind of marriage they have always longed for. Filled with guidelines and practical exercises, this class offers straightforward answers to the questions singles ask: How can I know if I am in love? Are we really compatible? Where do I find a lifelong partner? How do I recover from a broken relationship? This class can help you find Mr. or Mrs. Right. *(Required book: Finding the Right One for You: Secrets to Recognizing Your Perfect Mate by H. Norman Wright).*

(TS506E) The Gospel of Mark

When John Mark wrote out his "good news" about Jesus two thousand years ago, his Gospel was a completely new kind of book. No one had ever written one before. In fact, no one would have known what a Gospel was... What made the Gospel of Mark unique was this: it was not written merely as the memoir of Jesus as a great man, not even as the greatest man who had ever lived. Rather it was meant to persuade its readers that Jesus was the Son of God...Who is Jesus of Nazareth? What is the good news (gospel) about him...This class provides us with Mark's answer. *(Required book: The Smart Guide to the Bible Series by: H. Walker Evans)*

(TS601) Introduction to Biblical Hermeneutics

This class will introduce the field of hermeneutics, evaluate the diverse systems of interpretation, describe the various levels of meaning, and examine the basic principles and practice of biblical exegesis. Additionally, this class will discuss the inspiration and authority of the Bible, the role of the canon, the historicity of the Bible. Students will also examine case studies of biblical passages, which illustrate these principles. *(No book required).*



2010 Winter Session Schedule

Thursday Classes (Cont.) Beginning January 28, 2010 (Eight-Week Sessions)

(PW101) Joy in the Presence of His Fire: An Introduction to Understanding True Praise and Worship

Health, prosperity salvation, and safety...all of these things are prime targets of the enemy. However, all that has been lost or stolen from you can be restored in the midst of praise! Through praise, you can trade death for life, bondage for freedom and sorrow for joy. Discover the tremendous power that awaits you in learning to praise the Lord! In a world where the true worshippers are being physically and spiritually pressed on every side, the believer must choose the Lord's provision to put on the Garment of Praise, the Refuse of Worship! (Required book: TBD).

(TS804E) The Invisible War: What Every Believer Needs To Know about Satan, Demons and Spiritual Warfare

The Bible is clear: if you are a Christian, you are at war. But our approach to spiritual warfare usually falls into one of two extremes - either we place an undue emphasis on Satan and his powers or we completely ignore the existence of a personal enemy. This class offers believers a balanced look at what the Bible says on the subject. Find out how to:

- prepare yourself for spiritual battle
- cultivate invincible faith find freedom from demonic influence

This class, The Invisible War will help you understand your position in Christ, put on the full armor of God, and stand firm against the enemy. (Required book: The Invisible War: What Every Believer Needs To Know about Satan, Demons, and Spiritual Warfare by Chip Ingram).

(LCC101)Lay Counseling Certification Course - Part I

Part I of a comprehensive training course that will allow our members to experience and explore the uniqueness and complexities of mankind and how Christ is essential for us to live effective lives. Biblical Christian values are required to adequately help a person evaluate alternatives.

The courses will emphasize a Christ-centered approach for counseling as Christ is the Center of Life.
 The student will gain knowledge of counseling approaches and techniques.
 The student will develop an understanding of these facts for effective application in counseling.

Course One Topics:

The Lay Counseling Ministry
 Identify the Problem
 Determine the Action Plan
 A Fundamental Skill – Listening
 Building Relationships
 Expectations and Boundaries
(No book required)



2010 Winter Session Schedule

Specialty Classes (Beginning January 26 & 28, 2010)

Course Length—8 weeks

***Chess for Children (Ages 8-Adult)
(No Cost)***



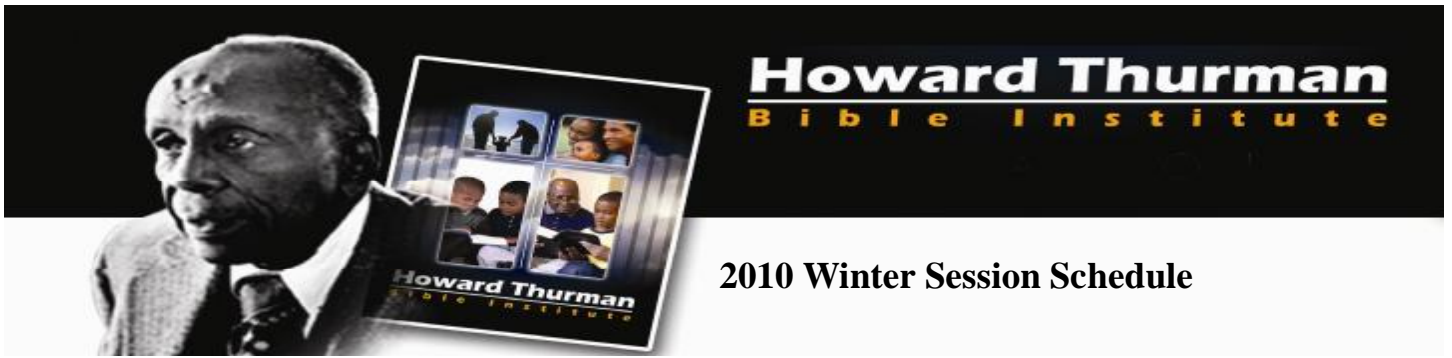
Tuesdays, beginning January 26, 2010: 7:15-8:15 pm (We usually go get the children from child care at 7:15 pm to account for any parents who may be running late for the HTBI classes * we bring them back by 8:15 pm so they are in place when the parent gets out of class) Children ages 8-12 (this will expand to adulthood as interest increases)

The game of chess is not simply checkers on steroids, it's a game that stimulates creativity, improves critical thinking and verbal reasoning skills. So much so, that colleges even offer various incentives for chess players, from full scholarships to extra points for admission evaluation. Participants will learn the pieces of the game and how to set up the chess board correctly. Knowing the power and value of each chess piece allows them to evaluate which move is best, understanding that they must live with the consequences of their decisions. Participants review their games to see what mistakes they've made, which helps them improve their strategy and fine tune their critical thinking skills. Individual and group instruction allows participants ample time for questions and the opportunity to put into play what they've learned. All levels of play are welcome.

***Artists for Christ
Thursdays, Beginning January 8, 2010 7:00 – 8:30 pm
(No Cost)***



LEARNING HOW TO DRAW REALISTIC PICTURES FROM A BIBLICAL PERSPECTIVE! (Ages six to adult)
The class will provide you with fundamental information about tools and techniques, as well as inspiring step by step lessons...everything you need to learn the art of drawing! From realistic still life to beautiful landscapes, you'll find a variety of subject material to enjoy.

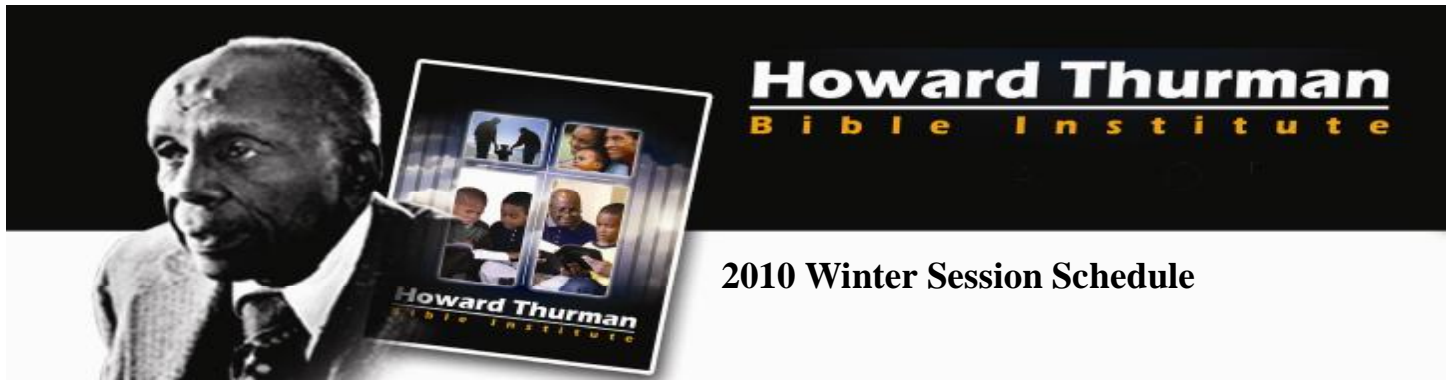


2010 Winter Session Schedule

“Martial Arts” Training for Children and Youth (Ages 6-16) Eight weeks—Two days a week (Tues. & Thurs)



Beginning Tuesday, January 26, 2010, 7:00 - 8:30 pm. Registration: Children of enrolled HTBI students \$(60.00); Children of non-enrolled HTBI students (\$70.00) All ages and ability levels are welcome. We believe martial arts training is not just about fighting and self-defense, it is also about respect, self-discipline, integrity and setting and reaching personal goals – all earned and achieved through hard-work, and dedicated practice. The course also includes martial arts forms and non-contact sparring. Within weeks, you will see the "yes I can" attitude emerge. Your child will be more confident, more respectful; have improved self-discipline, and higher self-esteem.



Howard Thurman
Bible Institute

2010 Winter Session Schedule



Faith Fitness Class Schedule and Other Services

<http://www.friendshipwest.org/faithfitness/faithfitness.html>

Tuesday

6:45pm-7:45pm- Low Impact/Muscle Conditioning
 7:45pm-8:15pm- The Fit Kids Workout
 7:45pm- 8:45pm - Dance For Christ

Thursday

6:45pm-7:45pm - Step Aerobics "Steppin For Christ"
 7:45pm-8:15pm - The Fit Kids Workout
 7:45pm- 8:45pm- Dance For Christ

Saturday

8:30am-9:00am- Walking Class/ Walk For Christ (Group Walk Meet in the Narthex)
 9:00am-10:00am - Weight Training
 10:00-10:30am- Just Abs

Healthy Cooking Session/Demonstration

Join us on the last Thursday of Every Month from 6:45pm-8:45pm for Healthy cooking tips, demonstrations, taste testing, and handouts of recipes prepared. (Segment brought to us by various Certified Chefs and Nutritionist).

Description of Classes

Low Impact Aerobics- 20-30 minutes of fun and easy to do Low Impact Aerobic activity designed to increase your cardiovascular system and burn body fat, followed by exercises designed to tone and firm and shape the body, a cool down, an inspirational fitness tip, and prayer.

Step Aerobics "Steppin For Christ"- 20-30 minutes of stepping on 2', 4', or 6' inch step aerobic bench with basic stepping for a little more intense workout, followed by intense muscle conditioning with weights, a cool down, an inspirational fitness tip, and prayer.



2010 Winter Session Schedule

Faith Fitness Class Schedule and Other Services Cont'd.

Dance For Christ- Like to dance but do not like to sweat and get your hair messed up, well this is the class for you, A Swing Dance Class in a Christian atmosphere. This fun filled workout, brings together, families, friends, husband and wives, teens, and seniors for a atmosphere of fun, laughter, and some fancy footwork and easy exercise.

Boot Camp - The Ultimate Saturday Morning Spirit Filled Workout taught by various Personal Fitness Trainers and Specialist every Saturday. This class requires that you put on the Whole Armor of God.

Personal Fitness Consulting- available on Tuesday and Thursday from 6:00-6:30pm **by appointment only.**

Fitsational- Faith Fitness Monthly Newsletter, where we deal with every topic under the umbrella of wellness, health, fitness, healthy recipes, and upcoming Faith Fitness events. Get a free copy every month at www.friendshipwest.org/faithfitness.html.

Fit Kids Class- The Bible says that we should train up a child in the way he should go and when he is old, he will not depart from it. (Proverbs 22:6). If your child is not receiving the adequate and required amount of physical activity on a weekly basis, then join us on Tuesday and Thursday. There will be hopping, jumping, skipping, stretching, obstacle courses, team building activities, nutritional consulting and much more.

Paid Receipt #: _____

**Friendship-West Baptist Church
The Howard Thurman Bible Institute
Registration Form
(Please Print, check any that apply)**

- First Time Student
- Member of Friendship-West Baptist Church Ministry Name _____
- Guest (Non-Member)
- MIT

First time student, please complete Sections I, II, and III (All Sections)
Returning student, please complete Sections I & II ONLY

Section I

Personal Data

Name: _____ Date: _____

Address: _____
Street *Apt. #*

_____ *City* *State* *Zip*

Gender: Male ____ Female ____ Date of Birth ____/____/____

Phone: (H) _____ (C) _____ (W) _____

Marital Status: _____ Email Address: _____

!Look for your monthly HTBI Online Newsletter, coming in 2010!

Section II

School / Degree (s)
High School: _____

College: _____

Other or Post Graduate Work: _____

Name of your current church: _____

EMERGENCY CONTACT:

Name: _____ Phone: _____

Address: _____

Section III - Course Information (Only one Tuesday and one Thursday class can be selected)

Course ID#: _____ Tuesday Course Title: _____

Course ID#: _____ Thursday Course Title: _____

Please enroll me in a Certificate Program:

Name of Certificate Program _____

Course fees: Onsite Registration \$15.00 / Online Registration \$10.00 / International Sunday School Class (No Fee)

Office Use: Paid by Check Cash Initials _____ Date _____



Friendship-West Baptist Church

Dr. Frederick D. Haynes, III

Senior Pastor

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