








† May **SHINE** Session Dates †

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
S			1 <i>In May we honor our Holy Mother Mary, the Queen of May</i>	2 9am Weigh-ins 9:15am Chair Aerobics	3 5:45pm Weigh-ins 6pm Cardio & Strength Timed Stations	4	5  <i>First Holy Communion</i>
H	6 COMING IN JUNE: A 21 day program to refresh your mind, body and soul...	7 ReTUNE IN JUNE <i>a focused effort on Faith, Fitness and Charity</i> <i>Pick up a program flyer in the Narthex</i>	8	9 9:15am Chair Aerobics	10 <i>Time Change: 5:30pm</i> Cardio & Strength Timed Stations <i>Ascension of the Lord</i> <i>Mass at 6:30pm</i>	11	12
 I	13 Happy Mother's Day	14	15	16 9:15am Chair Aerobics	17 6pm Cardio & Relaxation Stretch	18	19
N	20 2pm Fresh Air Faith Walk <i>Divine Mercy Chaplet</i> <i>Forty Hours begins after 11am mass</i>	21 1pm Fresh Air Faith Walk <i>Divine Mercy Chaplet</i> <i>Forty Hours</i>	22 <i>Forty Hours ends at 7pm</i>	23 9:15am Drum Fitness class 	24 <i>Time Change: 5:30pm</i> Drum Fitness class 	25	26
E	27 ReTUNE in June program registration after 8:30am and 11am mass in the Narthex	28  Memorial Day	29	30 9am Weigh-ins 9:15am Cardio & Strength Timed Stations ReTUNE in June program registration after class	31 5:45pm Weigh-ins 6pm Fresh Air Faith Walk <i>Rosary for Mary</i> ReTUNE in June program registration after class	 Smoothie Talk is coming back in June!	<i>Optional Weigh-ins will be held the first week and last week of the month!</i>

What is SHINE Faith and Fitness Exercise Ministry?

SHINE Faith and Fitness was created to get our church community together to improve health, reduce and manage stress, share some good times and laughter with fellow parishioners so we can all SHINE BRIGHTER to better serve our great God! Classes take place in the old church. Each class runs 60-75 minutes and will include an opening prayer and end with scripture reading, followed by a peaceful reflection period and gentle stretching.

What do I bring to class?.

Bring an exercise mat, towel, water bottle and a small blanket or pillow so you can get comfortable during the prayerful meditation period at the end of class.

Do I have to pre-preregister for classes?

No. Just show up :-)

Is there a charge?

A good-will offering will be accepted for participation in class. Funds are used to purchase equipment for classes.



Class Descriptions:

- **Cardio & Relaxation Stretch:** Just say Ahhhhh. Learn techniques to manage and reduce stress in your life. This class opens with 15-20 minutes of a light cardio workout followed by a 40 minute prayerful period with reflection and stretching.
- **Cardio & Strength Timed Stations:** Timed stations of a variety of exercises including a hula hoop, medicine balls, kettlebells, hand weights, balance trainers, resistance tubes and more.
- **Chair Aerobics-** It's workout 101. Designed for the beginner. Class is gentle and will cover basic toning, using resistance tubes or hand weights and flexibility training. Chairs are used to assist balance during class. They are also incorporated into some of the exercises (example: seated arm curls, seated shoulder press, standing squats holding onto the chair)
- **Fresh Air Faith Walk** – is a walk infused with prayer outside around the grounds of Holy Spirit Church and the local community. The session will begin and end at the Old Church. In the event of inclement weather, the workout will be held inside.

Coming to SHINE Faith & Fitness: ReTUNE in JUNE ~ an accountability program to help ReTUNE your faith, fitness and charity....Ahhh so good for your mind, body and soul! Pick a partner and join our 21 day challenge to exercise 15 minutes a day and pray 15 minutes a day. Encourage each other to get the job done! Optional weigh-ins will be held; lots of fun workouts for all fitness levels; a nutrition night with smoothie samples and at the end of the program, prizes will be issued. Program donations will benefit The Caring Cupboard. Pick up a program flyer in the Narthex and register May 27, 30 or 31.

**SHINE Faith and Fitness Contact: Parishioner: Tina Kowalski
Certified Group Fitness Instructor and Personal Trainer – Since 2004
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Program Sponsor: Paramount Sports Complex ~ www.paramountsportscomplex.com**

