



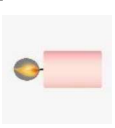



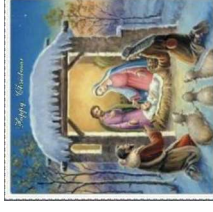


† December 2024 Shine Session Dates †

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
S	1  1st Sun of Advent Hope	2  Join us Saturday to make beautiful Christmas cards!	3 Advent Prayer Chapel 7pm ↑	4	5 4pm Christmas Cardio & Strength Plus Rosary	6  Divine Mercy Chapel - every Friday in the Chapel at 3pm	7 Christmas Card Crafting Event 10am - Noon Social Hall Join us for music, snacks and handmade cards. Plus, we'll be celebrating Nov/Dec birthdays!
H	8  2nd Sun of Advent Peace Immaculate Conception	9	10 Advent Prayer Chapel 7pm	11	12 4pm Christmas Dance Vibes with Bonnie Easy to follow choreography to your favorite Christmas tunes!	13	14
I	15  3rd Sun of Advent Joy	16	17 Advent Prayer Chapel 7pm	18 	19 4pm 12 Days of Christmas Workout Dress in your red and green Christmas gear!	20	21
N	22  4th Sun of Advent Love	23	24  Christmas Eve	25 MERRY CHRISTMAS!! CHRIST IS BORN! Christmas Day	26 	27	28
E	29	30	31 NEW YEAR'S EVE	JAN 1 January 2025! Happy New Year!	Shine will resume in January! Wishing you all a very Merry Christmas and Happy New Year!		

Let His beautiful light

Shine

Holy Spirit Catholic Church
Faith and Fitness Exercise Ministry

Fuel your mind, body and soul with our faith infused exercise classes.



What is SHINE Faith and Fitness Exercise Ministry?

SHINE Faith and Fitness was created to get our church community together to improve the health of body and soul. We focus on reducing and managing 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 begins with an opening prayer and ends with scripture reading, followed by a peaceful reflection period and gentle stretching.

What do I bring to class?

Bring an exercise mat, towel and water bottle. A small pillow is optional, to help you get comfortable during the prayerful meditation period at the end of class.

Is there a charge?

A free-will offering will be accepted for participation in class. Collected offerings are used to purchase equipment for classes or is donated to charity.

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)
- **Drum Fitness** – Shine members love this one! We create a makeshift drum out of a stability ball and risers, cue up the music and get on drumming. It is a great cardio workout that involves classic moves like grapevines, jumping jacks and lunging all while drumming. Modifications are given. All fitness levels are welcome.
- **EZ DOES IT-** 30 min gentle chair class for those with limited mobility who want to improved balance and flexibility.
- **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 in the Old Church. In the event of inclement weather, the workout will be held inside.

SHINE Faith and Fitness Contact: Parishioner: Tina Kowalski

Certified Group Fitness Instructor and Personal Trainer – Since 2004

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