










# February 2025 Shine Session Dates

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>S</b>	Join us at our faith infused fitness classes!	 February is American Heart Month!	January and February birthdays will be celebrated at our Feb 15 <sup>th</sup> party! 	<b>February is American Heart Month!</b> Let's get exercising to decrease your risk of cardiovascular disease!	 <b>4:45pm</b> Drum Fitness Ministry rosary, played the first class of the month	Shine Valentine & B-day Party Feb 15 10am - Noon Sign up at class or email <a href="mailto:shine@hspalmvra.com">shine@hspalmvra.com</a>	10am 1st Reconciliation Ministry Fair
<b>H</b>	2 Presentation of Jesus in the temple Ministry Fair	3 At home Circuit: 12 squats 12 Lunges 12 pushups	4 	5 At home Circuit: 12 squats 12 Lunges 12 pushups	6  <b>4:45pm</b> Drum Fitness Ministry rosary, played the first class of the month	7 3pm Divine Mercy Chaplet - Chapel First Friday 7pm Holy Hour for Reparation	8
<b>I</b>	9	10 15 minute walk today!	11  Our Lady of Lourdes Fest Day & World day of the Sick	12 	13 15 minute walk today!	14 Happy Valentine's Day!  3pm Divine Mercy Chaplet - Chapel	15 10 - Noon Shine Valentine & B-Day Party Snacks - heart healthy walk - games
<b>N</b>	16	17 At home Circuit: 12 tap jacks 12 ab crunches 12 count plank President's Day	18	19 <b>Shine:</b> ~Faith ~ ~Fitness ~ ~Charity ~	20 <b>4:45pm</b> Cardio & Strength Circuit	21 3pm Divine Mercy Chaplet - Chapel	22 20 minute walk today!
<b>E</b>	23	24 20 minute walk today!	25 	26 At home Circuit: 12 tap jacks 12 ab crunches 12 count plank	27 <b>4:45pm</b> Dance Vibes with Bonnie	28 30 min walk today and one of the home circuits! 3pm Divine Mercy Chaplet - Chapel	<b>JOIN THE FIT CLUB</b> Coming this Spring! FAITH AND FITNESS STRONG