



May 2025 – Session Dates



Everyone is welcome to attend!



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.

Mon, May 5th - 4:45pm Cardio and Strength Circuit

Mon, May 12th – 4:45pm Drum Fitness

Thurs, May 15th – 4:45pm Dance Vibes with Bonnie

**Mon, May 19th – 4:45pm Fresh Air Faith Walk and
Spring/Birthday party**

**We will have our
Birthday and spring party on
May 19!**



Bring a snack to share

SHINE Faith and Fitness Ministry Contact: Parishioner: Tina Kowalski
Certified Group Fitness Instructor and Personal Trainer – Since 2004 E-mail: shine@hspalmyra.com