

# † November 2024 – Session Dates †



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.*

**Tues, Nov 5<sup>th</sup> - 4:30pm Cardio Jam and Tone with Lynn**

**Thurs, Nov 14<sup>th</sup> - 5pm Vintage Dance Vibes with Bonnie**

**Tues, Nov 19<sup>th</sup> – 4pm Walk n Pray with Tina**

**Sat, Nov 23<sup>rd</sup> - **TURKEY TROT** and lunch –  
10am – Noon – Social Hall**

Join us as we **TROT** around the grounds of the church to get some exercise. A Thanksgiving themed light lunch follows with some games and a craft. Sign up to attend in the narthex by Nov 17<sup>th</sup>.



SHINE Faith and Fitness Ministry Contact: Parishioner: Tina Kowalski

*Certified Group Fitness Instructor and Personal Trainer – Since 2004*

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