













# April 2019 **Shine** Session Dates



|   | Sunday  | Monday   | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday  |
|---|---|--|--|---|---|--|---|
| <b>S</b>  |   | 1<br><i>3pm Divine Mercy Chaplet – Chapel</i>  | 2  | 3<br>9:15am Chair Aerobics<br>10:30am EZ DOES IT<br>Healing Rosary at 6pm, prior to 6:30pm Mass   | 4<br> 6pm Drum Fitness<br>7pm Confession Service – St Paul's | 5<br><i>3pm Divine Mercy Chaplet – Chapel</i><br><i>7pm Hour of Reparation – Chapel</i><br>             | 6   |
| <b>H</b>  | 7<br>5 <sup>th</sup> Sun Lent   | 8<br><i>3pm Divine Mercy Chaplet – Chapel</i><br>6:15pm Fresh Air Faith Walk – weather pending | 9  | 10<br>9:15am Chair Aerobics<br>10:30am EZ DOES IT<br>Healing Rosary at 6pm, prior to 6:30pm Mass<br>7pm Confession Service – Holy Spirit  | 11<br>6pm Cardio & Strength Timed Stations  | 12<br><br><i>3pm Divine Mercy Chaplet – Chapel</i><br>Fish Fry: 3 – 7pm<br>Stations of the Cross at 7pm | 13  |
| <br><b>I</b> | 14<br><br>Seder Meal 6pm<br>6 <sup>th</sup> Sun Lent | 15<br><i>3pm Divine Mercy Chaplet – Chapel</i><br>5pm Chrism Mass – Harrisburg Cathedral       |  16<br>6pm: Mary of Nazareth Movie Continuation<br>Passion of Christ-old church |  17<br>9:15am Drum Fitness<br>10:30am EZ DOES IT<br>Healing Rosary at 6pm, prior to 6:30pm Mass | 18<br>Holy Thursday<br>7:30pm Mass<br>8:30pm – 12AM Altar of Repose   | 19<br>Good Friday<br>3pm Passion of our Lord<br>7pm Shadow Stations  | 20<br><br>Easter Vigil<br>8pm |
| <b>N</b>  | 21<br><br>He is RISEN<br>EASTER SUNDAY             | 22<br>***SPRING  | 23<br>BREAK  | 24<br>CLASSES   | 25<br>WILL RESUME   | 26<br>MAY 1***<br><i>3pm Divine Mercy Chaplet – Chapel</i>   | 27<br>                       |
| <b>E</b>  | 28  | 29   | 30   |   |   |  |   |

Let your 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 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 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, 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 preregister for classes?

No. Just show up :-)

## Is there a charge?

A free-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)
- **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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