











January 2019 **Shine** Session Dates



	Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
S		 <p>The Divine Mercy Chaplet will be prayed at 3pm in the Adoration Chapel every Friday.</p>	 <p>11am Mass Solemnity of Mary</p>	<p>JOIN US FOR A JANUARY JUMPSTART TO PRAYER AND EXERCISE</p>	<p>**25 day challenge** 15 minutes of prayer and exercise a day. Trackers will be provided. Prizes awarded at the end. Pick up a flyer in the Narthex.</p>	<p>3pm Divine Mercy Chaplet – Chapel</p> <p>NEW: First Friday 7pm – 8pm Holy Hour for Reparation (chapel)</p>	
H	6 The Epiphany of the Lord	7 JUMPSTART Challenge Begins! Kick-off Workout 6pm	8 Week #1 of challenge	9 9:15am Chair Aerobics	10  6pm Drum Fitness plus strength and Abs	11 3pm Divine Mercy Chaplet - Chapel	12
I	13 The Baptism of the Lord	14 Week #2 of challenge	15	16  9:15am Drum Fitness ----- Healing Rosary at 6pm, prior to 6:30pm Mass	17 6pm Cardio and Strength Timed Stations	18 March for Life Bus Trip to Washington DC  MARCH FOR LIFE 3pm Divine Mercy Chaplet - Chapel	19
N	20 St. Sebastian's Fest Day Patron St. of Athletes	21 6pm 30 Min Drum workout followed by Relaxation Stretch (bring a pillow and blanket) Week #3 of challenge	22  Day of prayer for legal protection of unborn children	23 9:15am Chair Aerobics ----- Healing Rosary at 6pm, prior to 6:30pm Mass	24 6pm Cardio and Strength Workout plus Relaxation Stretch	25 3pm Divine Mercy Chaplet - Chapel	26
E	27	28 Week #4 of challenge	29	30  9:15am Drum Fitness ----- Healing Rosary at 6pm, prior to 6:30pm Mass	31  6pm Drum Fitness plus Strength and Abs JUMPSTART Challenge Ends	<p>NEW: Coming in February – EZ Does IT Senior Chair Class Wed at 10:30am (30 minute class)</p>	Most exercises occur from the chair. Work a variety of gentle strength & flexibility exercises with a tube or light weights plus some standing balance movements .

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?.

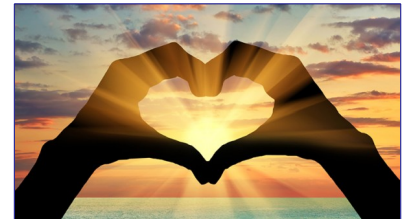
Bring an exercise mat, towel, water bottle and a small blanket or pillow so you can get comfortable during the prayerful meditation period at the end of class.

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.
- **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 **Phone: (717) 579-0197 ~ E-mail: trainwithtinak@hotmail.com**

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