














March 2019 **Shine** Session Dates



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
S		<i>A water bottle, exercise mat and towel are also highly recommended.</i>	Optional weigh-ins will be offered during the month as noted on the schedule.	<i>The Divine Mercy Chaplet will be prayed at 3pm in the Adoration Chapel every Friday and NEW over Lent : Mondays (starting March 11).</i>		1 3pm Divine Mercy Chaplet – Chapel 7pm Hour of Reparation - Chapel	2 Shine Lent Journals Distribute after mass
H	3 Shine Lent Journals Distribute after masses	4	5	6 Ash Wed 9:15am Chair Aerobics 10:30am EZ DOES IT Healing Rosary at 6pm, prior to 6:30pm Mass LENT Begins	 Weigh-In at 5:40pm 7 6pm Express Drum Fitness	8  3pm Divine Mercy Chaplet - Chapel Fish Fry: 3 – 7pm Stations of the Cross at 7pm	9
 I	10 1 st Sun Lent	11 NEW: 3pm Divine Mercy Chaplet – Chapel	12	13  9:15am Drum Fitness 10:30am EZ DOES IT Healing Rosary at 6pm, prior to 6:30pm Mass	14 6pm Cardio & Strength Timed Circuit Plus Lent Faith talk: with Dan -Lent and improving your relationship with God	15  3pm Divine Mercy Chaplet - Chapel Fish Fry: 3 – 7pm Stations of the Cross at 7pm	16
N	17 2 nd Sun Lent	18 NEW: 3pm Divine Mercy Chaplet – Chapel 6:15pm Fresh Air Faith Walk – weather pending	19  St. Joseph Feast Day	20 9:15am Chair Aerobics 10:30am EZ DOES IT Healing Rosary at 6pm, prior to 6:30pm Mass	 21 6pm 30 Min Express Drum Workout plus St. Joseph Movie Night: The miracle Staircase.	22  3pm Divine Mercy Chaplet - Chapel Fish Fry: 3 – 7pm Stations of the Cross at 7pm	23
E	24 3 rd Sun Lent	25 NEW: 3pm Divine Mercy Chaplet – Chapel	26	27  9:15am Drum Fitness 10:30am EZ DOES IT Healing Rosary at 6pm, prior to 6:30pm Mass	28 Weigh-In at 5:40pm 6pm Cardio and Relaxation Stretch	29  3pm Divine Mercy Chaplet - Chapel Fish Fry: 3 – 7pm Stations of the Cross at 7pm	30 7:30am: Blue Scapular Project - Trip to the Grotto

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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