












# February 2024 *Shine* Session Dates



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>S</b>	Coming in March... <b>JOIN THE SHINE FIT CLUB</b> Running 6 weeks Mar 19 – Apr 30! Kicks off 1 <sup>st</sup> day of Spring	Earn tickets for meeting program goals from Mar 19 – Apr 30. Tickets will be entered into a drawing.	Three winners selected from the drawing will receive a \$100.00 donation to a charity of their choice, in their name and a heart healthy prize to keep going strong in Faith and Fitness!	<b>February is American Heart Month!</b> ~ Let's get exercising to decrease your risk of cardiovascular disease!	1  4pm Cardio & Strength Circuit	2  Presentation of Jesus in the temple 3pm Divine Mercy Chaplet - Chapel First Friday 7pm Holy Hour for Reparation	3  1 <sup>st</sup> Reconciliation
<b>H</b>		5  4pm Drum Fitness and relaxation stretch	6	7 	8	9  3pm Divine Mercy Chaplet – Chapel	10  10am No class today
<b>I</b>	11  <i>Our Lady of Lourdes Feast Day &amp; World day of the Sick</i>	12 4pm <i>LaBlast</i> - with Georgie! low intensity with chair & hand weights.	13 	14 <b>ASH WEDNESDAY</b> <b>LENT BEGINS</b> Fasting & Abstinence <i>Happy Valentine's Day!</i>	15 4pm Cardio & Strength Circuit	16  <b>Fish Fry: 3 – 7pm</b> <b>Stations of the Cross 7:10pm</b> 3pm Divine Mercy Chaplet - Chapel	17
<b>N</b>	18  First Sunday of Lent	19	20  7:15pm Lent prayer - Chapel	21  ~Faith ~ ~Fitness ~ ~Charity ~	22	23  <b>Fish Fry: 3 – 7pm</b> <b>Stations of the Cross 7:10pm</b> 3pm Divine Mercy Chaplet - Chapel	24
<b>E</b>	25  Second Sunday of Lent	26	27  7:15pm Lent prayer - Chapel	28	29 4pm Chair Aerobics <i>Plus a Heart Healthy Smoothie Demo</i>		<b>JOIN THE FIT CLUB</b> Coming March 19 – April 30th! <b>FAITH AND FITNESS STRONG</b>



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.*



## **What is SHINE Faith and Fitness Exercise Ministry?**

SHINE Faith and Fitness Exercise Ministry was created to offer faith infused exercise classes to our church and community. The overall goal is to improve the health of mind, body and soul through participation in exercise, prayer, and charity opportunities. Classes take place in Agape Hall. Each class runs 60-75 minutes and begins with an opening prayer and ends with scripture reading or Christian meditation, followed by a peaceful reflection period and gentle stretching. Ministry creator and leader, Tina Kowalski, has been a certified personal trainer and group fitness instructor since 2004.

## **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).

## **Is there a charge?**

A free-will offering will be accepted for participation in class. Funds are used to purchase equipment for classes and is also donated to charity.

## **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:** This class includes timed stations of a variety of exercises including a hula hoop, battle rope, medicine balls, kettlebells, hand weights, balance trainers, resistance tubes and more. It's action packed and fun!
- **Chair Aerobics-** Class involves a standing cardio warm-up, then utilizes a chair to assist with a variety of strength, ab and balance exercises. We stand to do squats, lunges and leg raises. We sit to perform bicep curls, shoulder presses, tricep extensions and ab exercises. Equipment like resistance tubes, hand weights and ankle bands are used. All fitness levels are welcome.
- **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 down to 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, strength, 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 Agape Hall. In the event of inclement weather, the workout will be held inside.

**SHINE Faith and Fitness Ministry Leader: Parishioner: Tina Kowalski**  
**Certified Group Fitness Instructor and Personal Trainer – Since 2004**      **E-mail: [shine@hspalmyra.com](mailto:shine@hspalmyra.com)**