













MARCH 2025 *Shine* Session Dates



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
S		<i>Season of</i> LENT	FASTING	ALMSGIVING	PRAYER	FISH FRY RETURNS	1
H	2 Lenten Charity GIVE – throughout the month put items in a collection bag to donate to charity. Bring it to Shine on March 27 for delivery to the Food Bank.	3 	4 Let's get moving! 	5 ASH WEDNESDAY	6 4:45pm Cardio & Strength <i>plus ministry rosary</i>	7 3pm Divine Mercy Chaplet – Chapel  Fish Fry: 3 – 7pm Stations of the Cross 7:10pm	8
I	9  Daylight Savings Time begins! 1st Sunday of Lent	10 Son-shine Circuit 5 min of prayer 10 pushups 10 ab crunches 10 lunges Repeat 2 more times	11 	12 	13 <u>Take a walk today!</u> Exercise your body and enjoy God's beautiful creation. Pray as you walk and give thanks.	14  Fish Fry: 3 – 7pm Stations of the Cross 7:10pm 3pm Divine Mercy Chaplet - Chapel	15
N	16 2nd Sunday of Lent	17 St. Patrick's Day Head outside today for a 'shamrock shuffle' – walk 10, 15 or 20 minutes- two times today	18 4:45pm Fresh Air Faith Walk Stations Of The Cross	19 ~Faith~ ~Fitness~ ~Charity~	20 4:45pm Dance Vibes with Bonnie and March birthdays! FIRST DAY OF SPRING!	21  Fish Fry: 3 – 7pm Stations of the Cross 7:10pm 3pm Divine Mercy Chaplet - Chapel	22
E	23 3rd Sunday of Lent	24 4:45pm Fresh Air Faith Walk	25 Lenten Charity GIVE bring your donated items to Shine-→ 3/27	26 	27  4:45pm Drum Fitness <i>Lenten Charity Give items</i>	28 Fish Fry: 3 – 7pm Stations of the Cross 7:10pm 3pm Divine Mercy Chaplet - Chapel	29



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***

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