



FUN and FIT

Join us for some healthy fun!

The cardio and strength training program at Alleluia! allows women and men, ages 14 and over, all fitness levels the opportunity to achieve both long- and short-term goals. Enjoy group training in a relaxed and non-intimidating environment. The small class sizes promote a tremendous amount of personal growth.

Want a better you? Come join us! The instructor will show beginner, intermediate, and advanced options at each class. Music, weights, and steps are provided. Instructor, Jean Cardwell, is certified through AFAA and has CPR accreditation. **Not sure this is for you? Feel free to try a class or two!** All classes begin with prayer. **Start any time and we will pro-rate the fee.** Join us for some healthy fun!

Punch cards can be purchased from the instructor for \$120/10 classes of your choice—a great option for students trying the program for the first time or know they will be unable to make every class.

WOW! Please share this info with a neighbor or a friend! If you know someone that could benefit from our program or needs some exercise in their lives, you are welcome to invite them for a couple of **FREE** classes. This is for perspective members, but always know your family or guests are welcome to attend too.

Schedule for Spring 2026 – Spring into Summer Session

With the earth turning green again, and the promise of another growing season, you too could be springing into some action of your own. Our Fun and Fit schedule begins on Tuesday and Thursday mornings--right after Easter.

Fun & Fit: STRENGTH TRAINING—

Tuesdays 8:00-9:00am 4/07/26 - 6/02/26 \$104. (9 classes) Alleluia! Dance Room (LL)

This class is an awesome way to fight gravity and muscle loss. Weights are added to achieve a leaner, stronger body - even toning your arms and legs! Please note: A full 15 mins, of the class will focus on shaping your booty AND strengthening your core. Having a strong core is important and helpful for preventing back pain and improving daily function, while having a strong booty (posterior muscle) provides strength, posture, and injury prevention. **All fitness levels are welcome.**

Fun & Fit: SPRING INTO SUMMER—

Thursdays 8:00-9:00am 4/09/26 - 6/04/26 \$104. (9 classes) Alleluia! Dance Room (LL)

This class is a great way to begin your day! After warming up to the music, and getting those endorphins going, you will tone and shape your body with exercises and weights. Mixing aerobic AND strength training results in a class that is both powerful and satisfying! So if you want to look and feel great... and be ready to take on your day - come join this class. **All fitness levels are welcome.**

Contact Jean for special pricing if you register for both Tuesday and Thursday classes. Punch cards will be available for your convenience at the price of \$120 for 10 punches.

Email Jean Cardwell at FUNandFIT@alleluia.church with questions or for registration info.