



FUN and FIT

Join us for some healthy fun!

The cardio and strength training program at Alleluia! allows women and men of 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. **If you 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. All classes are 1 hour long. The instructor, Jean Cardwell, is certified through AFAA and has CPR accreditation. **If you are not sure this is for you, feel free to try a class or two!** All classes begin with prayer. **We're flexible!** Start any time and we will pro-rate the fee. Join us for some healthy fun!

Note: Both men and women over 14 years of age are welcome.

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.

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

Schedule for Spring 2026

Fun & Fit: Abs, Booties, & More—

Tuesdays 8:00-9:00am 01/06/26 – 03/24/26 \$138. (12 classes) Alleluia! Dance Room (LL)

This class is a strength and light endurance workout. We'll begin each class with a warm up, then strengthen your core, back muscles and glutes using the floor, free weights, and other various equipment. Benefits of strengthening the core and back of your body: Improved posture, balance, movement, pain management and injury prevention. A strong core makes everyday movements easier, makes a healthier back, and improves posture. The posterior muscles perform a wide range of functions, including movement of the shoulder, head, and neck and assisting in respiration, posture, and balance. Bring a yoga mat to class. All fitness levels are welcome! **All fitness levels are welcome.**

Fun & Fit: Combo Class—

Thursdays 8:00-9:00am 01/08/26 – 03/26/26 \$138. (12 classes) Alleluia! Dance Room (LL)

A little bit of this and a little bit of that! The workout routines in this class will vary to keep your body cross training. What's the benefit? It keeps boredom away, increases the metabolism, decreases overuse injury, and helps muscles get fitter faster by consistently requiring the body to adapt to fluctuating exercises. While developing a new set of skills, cross training conditions different muscle groups and allows you to vary the stress placed on specific muscles and your cardiovascular system too! Get "totally fit" in Combo Class Bring a yoga mat for the floor exercises that will follow the cardio portion in every class! **All fitness levels are welcome.**

You may begin the class at any time; fees will be pro-rated for you.

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.