



FUN & 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. 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. Punch cards can be purchased from the instructor for \$120 for 10 classes of your choice. This is a good option for students trying the program for the first time or know they will be absent for part of the session. New members will be charged \$5 for a badge to enter the building, which is a one-time only charge.

WOW! Please share this info with a neighbor or a friend! Should 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. You can make a donation to their attendance when they come if you would like, or if it's your son or daughter, and it's once in a while, feel free to bring them along with or without a class donation. We enjoy and encourage you to have fun in this program!

Questions to Jean Cardwell at WomensFitness@alleluia.church

Schedule for Fall/Winter 2019-20 (no class 11/28, Thanksgiving)

Fun & Fit: Abs, bottoms & More—

Tuesdays 8:00-9:00am 8/27/19 – 12/17/19 \$196. (17 classes) Alleluia! Dance Room

Want to shape your booty? Strengthen your core? Get more cardio-fit? This class gets it all in!

Having a strong core is important and helpful for all the things you need to accomplish with today's busy lifestyles, but let's face it, we still want to look great too! This class is an awesome way to fight gravity, muscle loss, and promote a younger, stronger, better YOU. We will start off with a warm up, add some cardio, and then finish with abs, booties, and a small amount of weight bearing exercises to sculpt our bodies!

This is a great value!

Fun & Fit: Combo Class—

Thursdays 8:00-9:00am 8/29/19 – 12/19/19 \$185. (16 classes) Alleluia! Dance Room

Hey—have you heard?! We're gonna shake it, move it, rock it, kick it, and dance, dance, dance!

This class is a great way to begin your day! Come and express yourself in a variety of creative ways. Maybe even let off a little extra steam! Whatever it is, we've got it! We will move to the music, get those endorphins going, then tone and shape our bodies! Mixing aerobic with strength training results in a class that is powerful and satisfying all in one session! So if you want to feel great when you walk out, come join this class!

