See back page for class descriptions! *Free Childcare Provided See back page for class descriptions!

Monday	Tuesday	Wednesday	Thursday	Friday
	5:30-6:30am Pilates (Erika)		**5:30-6:30**am Pilates (Erika)	
8:15-9:15am *Strength Training (Roxanne)	**8:15-9:15**am *Jamba (Sue)	**8:15-9:15**am *Strength Training (Roxanne)	**8:15-9:15**am *CardioDrumming (Connie/Jessica)	**8:30-9:30**am *Strength (Kelly)
9:30-10:30am Walking	**9:30-10:30**am Walking	**9:30-10:30**am Walking	**9:30-10:30**am Walking	**9:30-10:30**am Walking
10:40-11:10am Stretch/Balance (Chris)		**10:40-11:10**am Stretch/Balance (Chris/Connie)		
4:00-5:00pm *Circuit (Kelly)	**4:00-5:00**pm *Circuit (Ben)		**4:00-5:00**pm *Circuit (Ben)	
	5:30-6:30pm *CardioDrumming (Sue/Tincy/Connie)		**5:30-6:30**pm *HIIT (Sarah)	
	6:30-8:30pm Pickleball (Pat & Maurie)		**7:00-9:00**pm Open B-Ball (beginning November 2nd)	

I.M.P.A.C.T. is designed to help you become physically fit while providing spiritual insights & inspiration. Both are critically important to your **total well-being.** When we take care of our bodies & learn to live as God intends, we will have the energy & strength to **be all that He created us to be!**

At **His Place**, you can work toward wellness through participating in group fitness classes and other activities that foster connections with friends and family.

ALL CLASSES ARE *FREE!*
EVERYONE WELCOME!
Come to as many classes as you would like!!

"BEYOND FITNESS"

"Food as Medicine"
November 6th 6:30-7:30pm
Mike & Tammy Messer
Rogers Natural Foods

FOR YOUR SAFETY:
~Don't skip the warm-up or cool-down
~Inform your instructor if you need to leave class early
~Ask your instructor for exercise modifications if you are new or have been away.
~Wear a separate pair of dry, supportive athletic shoes.

FYI:
~All classes are for ages 16 yrs. and up with the exception of Open B-ball which is 18 yrs.
~Please turn off cell phones.
~Please call or check Facebook for updates on delays or cancellations

impact fitness

In Ministry to People through Activities & Christian Truths

HIS PLACE

Your Heart Matters

Strength Training

Tone & strengthen through cardio, weights & resistance training.

Pilates

Strengthen core muscles through movement & breathing.

Walking

Walk with us at your own pace in a friendly & safe environment.

Stretch and Balance

A series of stretches designed to increase flexibility & balance.

Circuit

Strength & cardio exercises in intervals or stations. May include resistance training.

"HIIT" High Intensity Interval Training

Beginner to advanced level class that HIITs all the major aspects of a high intensity workout! Work at your own intensity in this fun cardio & muscle burning adventure!

Cardio Drumming

Improve physical health & mental well-being with a beat-driven, fun & easy to follow workout.

Jamba

Fun music with routines that mix body sculpting & creative dance steps.

Men's Open Basketball (to begin in November)

Enjoy the fun & fellowship of 'pick-up-b-ball'.

Open Pickleball

A paddle sport that combines elements of tennis, badminton & ping pong.

Men's Church League Basketball (January)

Moving to Music (February) **0-5years**

Interactive playtime for pre-school children & moms/dads/grandmas.

Your cash donation or check made payable to **HIS PLACE** *make it possible to provide* **FREE** *classes and programs to our community.*

Thank you!

hisplacealma@gmail.com

His Place

All new schedule!

Beginning September 18, 2017

His Place Family Enrichment Center

200 W. Center St. Alma, Mi 48801

989-463-1676

hisplacealma.com

hisplacealma@gmail.com