See	back	page	for	class	descri	ptions!
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\*Free Childcare Provided

# See back page for class descriptions!

Monday	Tuesday	Wednesday	Thursday	Friday
<b>8:15-9:15</b> am *Strength Training (Roxanne)	<b>8:15-9:15</b> am *Pilates (Erika)	<b>8:15-9:15</b> am *Strength Training (Roxanne)	<b>8:15-9:15</b> am *Pilates (Erika)	8:30-9:30am *Strength
<b>9:30-10:30</b> am Walking	<b>9:30-10:30</b> am *Dance Fitness (Sue)	<b>9:30-10:30</b> am Walking	9:30-10:30 <sub>am</sub> *Cardio Drumming (Tincy/Sue/Connie)	(Kelly) <b>9:30-10:30</b> am Walking
10:40-11:25 <sub>am</sub> Stretch/Balance (Chris)	10:30-11:30 <sub>am</sub> Walking	10:40-11:25am Stretch/Balance (Chris/Connie)	10:30-11:30 <sub>am</sub> Walking	10:45-11:15am Moving to Music Jan. 19-March 16 (Andi Whitmore)
E 00 40 00 01 11 0 0 11	<b>4:00-5:00</b> pm *Circuit (Ben)	Coffee	4:00-5:00 <sub>pm</sub> *Circuit (Ben)	
5:00-10:00pm Church League B-Ball	5:30-6:30 <sub>pm</sub> *CardioDrumming (Sue/Tincy/Connie/JoAnn)	Livery meanesady & Thursday	<b>5:30-6:30</b> pm *HIIT (Sarah)	
	6:30-8:30 <sub>pm</sub> Pickleball	<u>9:00-11:30am</u>	<b>7:00-9:00</b> pm Open B-Ball	

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 <u>FREE!</u> EVERYONE WELCOME!

Come to as many classes as you would like!!

# "BEYOND FITNESS"

"Getting Started with Food & Fitness in 2018" January 23rd 6:45-7:45pm

Dr. Alex Montoye Alma College

"Better Health with Young Living Essential Oils" <u>February 8th 10:00-11:00am</u> Make & Take...3 everyday items!

Diane Laffoon

# 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:

- $\sim$ 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



In Ministry to People through Activities & Christian Truths



Your Heart Matters

# **Strength Training**

Tone & strengthen through cardio, weights & resistance training.

### <u>Pilates</u>

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.

### **Dance Fitness**

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

### Men's Open Basketball

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-March)

# Moving to Music (Jan. 19-March 16) 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



Winter schedule!

**Beginning January 8, 2018** 

His Place Family Enrichment Center 200 W. Center St. Alma, Mi 48801 989-463-1676

hisplacealma.com