


See back page for class descriptions!

*Free Childcare Provided

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

**"Better Health with
Young Living Essential Oils"**
February 8th 10:00-11:00am
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:

~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

hisplacealma.com