










See back page for class descriptions!

\*Free Childcare Provided

See back page for class descriptions!

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8:30-9:30am *Cardio Strength (Roxanne)	8:15-9:00 *Pilates (Roxanne)	8:30-9:30am *Cardio Strength (Roxanne)	8:15-9:00 *Pilates (Roxanne)	
9:45-10:45am Walking	9:15-10:00am *Dance Fitness (Sue) 	9:45-10:45am Walking 	9:15-10:00am *Dance Fitness (Sue) 	9:45-10:45am Walking
11:00-11:45am Stretch/Balance (Chris)	10:15-11:15am Walking 	11:00-11:45am Stretch/Balance (Chris/Connie) 	10:15-11:15am Walking 	
	4:00-5:00pm *Circuit (Ben & Erika)		4:00-5:00pm *Circuit (Ben & Erika) 	
	5:15-6:00pm *CardioDrumming (Sue/Tincy/Connie)		5:15-6:00pm *Dance Fitness (Sue) 	
	6:15-8:00pm Pickleball		6:15-6:45pm *Cardio Toning (Sarah) 	
			7:00-9:00pm Open B-Ball (To begin in November)	

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.

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

*Thank you!*

"BEYOND FITNESS"



*"Hands-on Cooking"*

*Monday, Nov. 12th 5:15pm*

*Thursday, Nov. 15th 10:15am*

*Michele Monroe  
Monroe Family Organics*



*Tuesdays 9:30-11:30am*

*Wednesdays 9:30-11:30am*

*Thursdays 9:30-11:30am*

*Thursdays 4:30-7:00pm*



...coffee

...versation...

...tea...smoothies...snacks...con-

