

BODY N'SOUL FITNESS

Rms 49/51 Enter at back parking lot door.

Mon 7:30 AM Wed 7:00 PM Fri 7:30 AM

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OCTOBER/NOVEMBER SCHEDULE 2022 :

Mon 10/03 – 60 min cardio (4 m, DONE)
Wed 10/05 – 30 min cardio/30 min ab toning (2 m, mat)
Fri 10/07 – 48 min cardio HIIT (3m)
Mon 10/10 – NO FITNESS Columbus Day!
Wed 10/12 – 30 min cardio/30 min strength training (2m, mat, 1-10 lb weights)
Fri 10/14 – 93 min cardio/toning (5m, stretchie band)
Mon 10/17 – 56 min cardio HIIT (3 m)
Wed 10/19 – 53 min cardio/waistline toning (2m, mat)
Fri 10/21 – 55 min cardio
Mon 10/24 – 51 min cardio/toning (3m, stretchie band)
Wed 10/26 – 65 min cardio/strength training (2m, mat, 1-10 lb weights)
Fri 10/28 – 65 min cardio (5m)
Mon 10/31 – 60 min cardio/ strength training (3 m, 1-8 lb weights)
Wed 11/02 – 71 min cardio/lower body toning (3m, mat, leg weights or resistance bands)
Fri 11/04 – 60 min cardio (4 m)
Mon 11/07 – 55 min cardio/pilates (3m, mat)
Wed 11/09 – 63 min upper & lower body weight training (mat, 1-10 lb weights/ leg weights)
Fri 11/11 – 60 min cardio/ toning (4 m, stretchie band)
Mon 11/14 – 48 min cardio/ strength training (3m, 1-2 lb weights)
Wed 11/16 – 75 min cardio/toning (3 m, mat)
Fri 11/18 – 75 min cardio/toning (5m, stretchie band)
Mon 11/21 – 50 min cardio/strength training (1-2 m, 1-10 lb weights)
Wed 11/23 – NO FITNESS Happy Thanksgiving!
Fri 11/25 – NO FITNESS Happy Black Friday!
Mon 11/28 – 56 min cardio/toning (4 m, stretchie band)
Wed 11/30 – 55 min (2 m, mat, leg weights or resistance band)

*Monday Coffee continues at Bonfattos after fitness. Anyone can come! Exercise is not a prerequisite!

Questions? Call Carol Hunt (phone number above)

*You will see that I sneaked a few longer sessions in the schedule. Some will not be happy. However, remember, you can come late and leave early,...but don't come early and leave late!

Encouragement:

Have you had some troubles lately? Have you been tempted to think that God must be looking the other way when it comes to you? Have you felt a bitterness in your soul that's starting to squeeze out some of your joy? You're not alone. And God won't leave you alone with your problems. But the enemy loves to tell us we have to fix our problems by ourselves. Take rest in God's promises. They are sprinkled all thru the Bible. Search for them. I have one that I read everyday...well almost everyday. Psalm 34:17-22 "The righteous cry out, and the Lord hears them; He delivers them from all their troubles. The Lord is close to the brokenhearted and saves those who are crushed in spirit. The righteous person may have many troubles but the Lord delivers him from them all. He protects all his bones, and not one of them will be broken. Evil will slay the wicked: the foes of the righteous will be condemned. The Lord will rescue His servants; no one who takes refuge in Him will be condemned."