

BODY N' SOUL FITNESS

Faith Church Rms 49/51

Ruthi Martin 814-359-7643 ruthi@signedon.net

MON/FRI 7:30 AM, WED 7:00 PM

OCTOBER/NOVEMBER 2021 SCHEDULE:

Fri 10/01 – 60 min cardio (4 m, stretchie band)
Mon 10/04 – 60 min cardio/ strength training (3m, 1-8lb weights)
Wed 10/06 – 75 min cardio/toning (3 m, mat)
Fri 10/08 – 60 min cardio/toning (4 m, stretchie band)
Mon 10/11 – 51 min cardio/toning (3 m, stretchie band)
Wed 10/13 – 63 min cardio/strength training (1m, 1-12 lb weights)
Fri 10/15 – 48 min cardio (3m)
Mon 10/18 – 56 min cardio/toning (4 m, stretchie band)
Wed 10/20 – 64 min cardio/strength training (2 m, 1-12 lb weights)
Fri 10/22 – 60 min cardio (4 m)
Mon 10/25 – 65 min cardio/strength training (3 m, 1-12 lb weights)
Wed 10/27 – 45 min pilaates (mat, stretchie band)
Fri 10/29 – 73 min cardio (5 m)
Mon 11/01 – 48 min cardio/toning (3 m, stretchie band)
Wed 11/03 – 71 min cardio, toning (3 m, leg weights)
Fri 11/05 – 70 min cardio/toning (4 m, stretchie band)
Mon 11/08 - 65 min cardio/ toning (3 m, mat, 1-12 lb weights)
Wed 11/10 – 53 min cardio/toning (2 m, mat)
Fri 11/12 – 70 min cardio/toning (4 m, stretchie band)
Mon 11/15 – 48 min cardio, toning (3 m, 1-2 lb hand weights)
Wed 11/17 – 55 min cardio, pilates (3 m, mat)
Fri 11/19 – 56 min cardio (3 m)
Mon 11/22 – 60 min cardio (4 m)
Wed 11/24 – NO AEROBICS, Happy Thanksgiving!
Fri 11/26 – 60 min cardio/ strength training (4 m, 1-8 lb weights)
Mon 11/29 – 65 min cardio/ strength training (4 m, 1-12 lb weights)

INFO:

- Coffee at Urban flavor Haus, 205 Park Place Suite 1, will continue on Mondays at 8:45. You do not need to be at fitness class to attend this group. Bring a friend! Keep an eye on COVID policies and wear a mask when mandated or as you feel the need.
- No LINE DANCING scheduled, as Diana is leading classes elsewhere. However, if that changes we may incorporate some outdoor line dancing.
- Due to the malfunction of the TV, we are indoors for now. I will keep you posted if we return to outdoors again.
- Please stay abreast of COVID policies. If you have symptoms, or have been exposed to someone with symptoms, take precautions for yourself and do not come to class. We will socially distance as we exercise. Use your discretion about masks.
- Please bring a mat for yourself on Wednesday workouts. Half of the time will be on the floor.

VERSE:

“Even to your old age and gray hairs I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you.” Isaiah 46:4 This is health insurance you can trust in! Can you imagine the God who made you in your mother's womb, carrying you? He is with us from the beginning to the end....and He is a loving Father who will not abandon us. We are never alone with Him. We should not fear.