

BODY N' SOUL FITNESS

Enter at back parking lot door. Rooms 49/51 Mon 7:30 AM Wed 7:00 PM Fri 7:30 AM

Ruthi 814-359-7643 ruthi@signedon.net Carol 814-206-4335

DECEMBER / JANUARY SCHEDULE 2023-2024:

*November schedule was missed

- Fri 12/01 – 69 min cardio/weights (3 m, 1-2 lb hand weights, stretchie) DONE
- Mon 12/04 – 56 min cardio HIIT (3m) DONE
- Wed 12/06 – 71 min cardio/toning (3 m, weighted leg cuffs, mat optional)
- Fri 12/08 – 56 min cardio/toning (4 m, stretchie)
- Mon 12/11 – 48 min cardio HIIT (3 m) CHRISTMAS OPEN HOUSE 8:45 AM–12:30PM
- Wed 12/13 – 63 min toning/weights (1-10lb weights, mat optional) Hublersburg Inn 11:30 AM
- Fri 12/15 – 65 min cardio (5 m)
- Mon 12/18 – 60 min cardio (4+ m)
- Wed 12/20 – CHRISTMAS NIGHT LIGHTS WALK weather permitting, dress warm and festive
OR PILATES INSIDE (45 min, mat optional)
- 12/22 – 01/01 – NO FITNESS, MERRY CHRISTMAS & HAPPY NEW YEAR!!

2024

- Wed 01/03 – 64 min cardio/weights (2 m, 1-10lb weights, light hand weights, mat optional)
- Fri 01/05 – 60 min cardio (4 m)
- Mon 01/08 - 53 min cardio/weights (3 m, 1-8 lb weights, light hand weights)
- Wed 01/10 – 53 min cardio/toning (2 m, mat optional)
- Fri 01/12 – 70 min cardio/weights (5 m, 1-10 lb weights)
- Mon 01/15 – 48 min cardio/weights (3 m, 1-2 lb hand weights)
- Wed 01/17 – 55 min cardio/weights (2 m, weighted leg cuffs)
- Fri 01/19 – 88 min cardio HIIT/ toning (5 m, stretchie)
- Mon 01/22 – 65 min cardio/weights (3+ m, 1-10 lb weights)
- Wed 01/24 – 75 min cardio/toning (3 m, mat)
- Fri 01/26 – 93 min cardio/toning (5 m, stretchie)
- Mon 01/ 29 – 55 min cardio/pilates (3 m, mat optional)
- Wed 01/31 – 61 min cardio/toning (2 m, stretchie, mat optional)
- Fri 02/02 – 60 min cardio/toning (4 m, stretchie)

REMEMBER: Monday coffee at Bonfattos 8:40 AM Questions? Call Carol. Monday, 12/11, all are invited for hot beverages and light breakfast food at Ruthi's Christmas Open House 8:45-12:30. Drop in for a hot beverage to go or stay and visit. This is in place of the Monday Bonfattos coffee and coffee girls are invited too!

Heather and Sherri have been having fun planning a Christmas luncheon for us at the Hublersburg Inn, 11:30, Wednesday, 12/13. If you did not tell them you are coming, please do that this week. Bring your wallets, your appetite, and some Christmas cheer!

Melody's church does an amazing Live Nativity December 15, 16, and 17 at Eagle Towing and Recovery, 1049 S. Eagle Valley Rd, Bellefonte. Shows are 20 minutes at 6:30 and 7:30 PM.

Happy Birthday to Kathy Williams! Many thanks for all the prayers sent up for so many of us. Let's keep them going!

BLESSINGS: God has been encouraging me with people lately. The other day while standing in line at a busy Walmart, I was encouraged by the kindness and joy that I saw among a group of people with disabilities. They were obviously on an outing with their caretaker and in spite of their circumstances were all doing something to help each other. They brought a smile to my face and I even got a hug from one of them! Each one of YOU is a blessing to me as I watch you care for each other in unique ways!