

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

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

FEBRUARY/MARCH SCHEDULE 2023:

Wed 02/01 – 55 min cardio/toning (2 m, leg weight cuffs, mat)
Fri 02/03 – 48 min cardio/stretching (3 m, stretchie)
Mon 02/06 – 56 min cardio/toning (4 m, stretchie)
Wed 02/08 – 61 min cardio/ab toning (2 m, mat)
Fri 02/10 – 60 min cardio (4 m)
Mon 02/13 – 53 min cardio/ strength training (3 m, light hand weights 1-5 lbs)
Wed 02/15 – 64 min cardio/strength training (3 m, hand weights 1-10 lbs, mat)
Fri 02/17 – 88 min cardio/toning (5 m, stretchie)
Mon 02/20 – 60 min cardio (4 m)
Wed 02/22 – NO FITNESS, Ash Wednesday services
Fri 02/24 – 75 min cardio/toning (5 m, stretchie)
Mon 02/27 – 60 min cardio (4 m)
Wed 03/01 – 63 min cardio/strength training/pilates (1 m, 11lb hand weights, mat)
Fri 03/03 – 51 min cardio/toning (3 m, stretchie)
Mon 03/06 – 48 min cardio/strength training (3 m, light hand weights)
Wed 03/08 – 91 min cardio/strength training (5 m, 1-8 lb weights, mat)
Fri 03/10 – 56 min cardio (HIIT, 3 m)
Mon 03/13 – NO FITNESS, Church closed
Wed 03/15 – 71 min cardio/strength training (3 m, weighted leg cuffs, mat)
Fri 03/17 – 93 min cardio/toning (5 m, stretchie)
Mon 03/20 – 62 min cardio/strength training (2+ m, 1-8lb weights)
Wed 03/22 – 65 min cardio/strength training (4 m, 1-10 lb weights, mat)
Fri 03/24 – 65 min cardio (5 m)
Mon 03/27 – 48 min cardio (HIIT, 3 m)
Wed 03/29 – 75 min cardio/toning (3m, mat)
Fri 03/31 – 55 min cardio/pilates/toning (3 m, mat)

REMEMBER:

Monday coffee continues at Bonfattos after fitness. Questions? Call Carol Hunt.

THANK YOU:

To all of you for my Christmas gift card which bought my new sneakers! My feet thank you! Thank you for figuring out how to surprise Denise for her birthday! Thank you for the outpouring of love to Linda Hoffman in the recent passing of her husband Dan. You ladies are the dream team!

A FEW GOOD QUOTES BY A FEW GOOD PEOPLE:

“Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can.” John Wesley

“Preach the gospel at all times. If necessary use words.” St. Francis of Assisi

“Grief, I've learned, is just love. It's all the love you want to give but can not. All that unspent love gathers up in the corners of your eyes, the lump in your throat, and in the hollow part of your chest.”

Gail Spotts

“Don't squeeze too hard, I leak.” Linda Hoffman

“Tears. You never know what may cause them. But of this you can be sure: Whenever you find tears in your eyes, especially unexpected tears, it is well to pay close attention.” Frederick Buechner

“Life can only be understood backwards though it must be lived forwards.” Soren Kierkegaard

“Jesus wept.” John 11:35