

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

SEPTEMBER / OCTOBER SCHEDULE 2023:

Fri 09/01 – 88 min cardio/toning (5 m, stretchie) DONE
Mon 09/04 – NO FITNESS, Labor Day
Wed 09/06 – 45 min pilates (stretchie, mat optional) CANCELED
Fri 09/08 – 56 min cardio HIIT (3m) DONE
Mon 09/11 – 63 min cardio/weights (3+ m, 1-8 lb weights) DONE
Wed 09/13 – 45 min pilates (stretchie, mat optional)
Fri 09/15 – 106 min cardio (6.5 m) DONE
Mon 09/18 – 51 min cardio/toning (3 m, stretchie) DONE
Wed 09/20 – 65 min cardio/weights (4 m, 1-10 lb weights, mat optional)
Fri 09/22 – 65 min cardio (5 m)
Mon 09/25 – 48 min cardio/weights (3 m, 1-3 lb hand weights)
Wed 09/27 – 71 min cardio/toning (3 m, weighted leg cuffs, mat optional)
Fri 09/29 – 56 min cardio/toning (4 m, stretchie)
Mon 10/02 – 60 min cardio (4 m)
Wed 10/04 – 64 min cardio/ weights (2+ m, 1-12 lb weights, mat optional)
Fri 10/06 – 60 min cardio (4m)
Mon 10/09 – 55 min cardio/pilates (3 m, mat optional)
Wed 10/11 – 53 min cardio/ toning (3 m, mat optional)
Fri 10/13 – 93 min cardio/toning (5 m, stretchie)
Mon 10/16 – 48 min cardio/toning (3 m, stretchie OR 1-3 lb hand weights)
Wed 10/18 – 75 min cardio/toning (3 m, mat optional)
Fri 10/20 – 91 min cardio/toning/weights (5 m, 1-12 lb weights, mat optional)
Mon 10/23 – 60 min cardio/toning (4 m, stretchie)
Wed 10/25 – 55 min cardio/toning (2 m, weighted leg cuffs, mat optional)
Fri 10/27 – 60 min cardio/weights (2 m, 1-10 lb weights, chair or stand)
Mon 10/30 – 48 min cardio HIIT (3 m)
Wed 11/01 – 67 min cardio/toning (2 m, stretchie, mat optional)
Fri 11/03 – 75 min cardio/toning (5 m, stretchie)

REMEMBER: Monday coffees at Bonfattos after fitness. Invite a friend! Questions? Call Carol.
Monday 10/02 Carol's birthday bash 11:30 @ Denise McClosky's. Questions for Denise 470-5663

VERSE & THOUGHT: Recently I was feeling a bit hopeless about some circumstances in my life. A friend found me after the church service and encouraged my heart with two words from scripture! She flipped to the last chapter of Ephesians and started to read the section about putting on the armor of God. “Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to **STAND, STAND FIRM** then...” Ephesians 6:13 She said, “See, **JUST STAND**, Ruthi. God will do the rest.” Have you ever felt like your prayers, your Bible reading, and your efforts are doing nothing to fix the situation? Then **JUST STAND** and watch what God will do! And if you remember, that is what God told Moses when he was backed up to the Red Sea with his enemies in pursuit. “Moses answered the people, 'Do not be afraid. **STAND FIRM** and you will see the deliverance the Lord will bring you today.” Exodus 14:13 So take courage if you are tempted to look around with your physical eyes at your situation. Ask God to give you spiritual eyes to see His invisible work and **STAND FIRM**and don't forget your armor!