


Fitness Ministry January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	Christian Life Center First United Methodist Church 710 NE 36th Street, Ankeny, IA 50021 Phone: 515.289.9153 Website: www.ankenfirst.org	2 ❖ 5:15am HIIT ❖ 6:00am HIIT ➤ 8:00am Toning ➤ 9:00am SET ➤ 10:00am SET ➤ 10:00am Low Impact SET ➤ 6:30pm Cardio and Strength	3 ❖ 5:15am HIIT ❖ 6:00am HIIT ➤ 9:10am Chair Yoga ➤ 6:30pm Cardio and Strength	4 ❖ 5:15am HIIT ❖ 6:00am HIIT ➤ 8:00am Cardio/Strength ➤ 9:00am SET ➤ 10:00am SET ➤ 10:00am Low Impact SET
7 ❖ 5:15am HIIT ❖ 6:00am HIIT ➤ 8:00am Toning ➤ 9:00am SET ➤ 10:00am SET ➤ 10:00am Low Impact SET ➤ 6:30pm Cardio and Strength	8 ❖ 5:15am HIIT ❖ 6:00am HIIT ➤ 9:10am Chair Yoga ➤ 6:30pm Cardio and Strength	9 ❖ 5:15am HIIT ❖ 6:00am HIIT ➤ 8:00am Toning ➤ 9:00am SET ➤ 10:00am SET ➤ 10:00am Low Impact SET ➤ 6:30pm Cardio and Strength	10 ❖ 5:15am HIIT ❖ 6:00am HIIT ➤ 9:10am Chair Yoga ➤ 6:30pm Cardio and Strength	11 ❖ 5:15am HIIT ❖ 6:00am HIIT ➤ 8:00am Cardio/Strength ➤ 9:00am SET ➤ 10:00am SET ➤ 10:00am Low Impact SET
14 ❖ 5:15am HIIT ❖ 6:00am HIIT ➤ 8:00am Toning ➤ 9:00am SET ➤ 10:00am SET ➤ 10:00am Low Impact SET ➤ 6:30pm Cardio and Strength	15 ❖ 5:15am HIIT ❖ 6:00am HIIT ➤ 9:10am Chair Yoga ➤ 6:30pm Cardio and Strength	16 ❖ 5:15am HIIT ❖ 6:00am HIIT ➤ 8:00am Toning ➤ 9:00am SET ➤ 10:00am SET ➤ 10:00am Low Impact SET ➤ 6:30pm Cardio and Strength	17 ❖ 5:15am HIIT ❖ 6:00am HIIT ➤ 9:10am Chair Yoga ➤ 6:30pm Cardio and Strength	18 ❖ 5:15am HIIT ❖ 6:00am HIIT ➤ 8:00am Cardio/Strength ➤ 9:00am SET ➤ 10:00am SET ➤ 10:00am Low Impact SET
21 ❖ 5:15am HIIT ❖ 6:00am HIIT ➤ 8:00am Toning ➤ 9:00am SET ➤ 10:00am SET ➤ 10:00am Low Impact SET ➤ 6:30pm Cardio and Strength	22 ❖ 5:15am HIIT ❖ 6:00am HIIT ➤ 9:10am Chair Yoga ➤ 6:30pm Cardio and Strength	23 ❖ 5:15am HIIT ❖ 6:00am HIIT ➤ 8:00am Toning ➤ 9:00am SET ➤ 10:00am SET ➤ 10:00am Low Impact SET ➤ 6:30pm Cardio and Strength	24 ❖ 5:15am HIIT ❖ 6:00am HIIT ➤ 9:10am Chair Yoga ➤ 6:30pm Cardio and Strength	25 ❖ 5:15am HIIT ❖ 6:00am HIIT ➤ 8:00am Cardio/Strength ➤ 9:00am SET ➤ 10:00am SET ➤ 10:00am Low Impact SET
28 ❖ 5:15am HIIT ❖ 6:00am HIIT ➤ 8:00am Toning ➤ 9:00am SET ➤ 10:00am SET ➤ 10:00am Low Impact SET ➤ 6:30pm Cardio and Strength	29 ❖ 5:15am HIIT ❖ 6:00am HIIT ➤ 9:10am Chair Yoga ➤ 6:30pm Cardio and Strength	30 ❖ 5:15am HIIT ❖ 6:00am HIIT ➤ 8:00am Toning ➤ 9:00am SET ➤ 10:00am SET ➤ 10:00am Low Impact SET ➤ 6:30pm Cardio and Strength	31 ❖ 5:15am HIIT ❖ 6:00am HIIT ➤ 9:10am Chair Yoga ➤ 6:30pm Cardio and Strength	

Sports and Fitness Ministry at Ankeny First builds Christian Community where all involved can experience **Faith, Fitness, and Friendship (F3)**.

DROP-IN FITNESS CLASSES

These are on-going classes; you may join at any time for \$15 per month.
(No preregistration necessary. Register upon arrival to class)

Chair Yoga offers a gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support.
(Class will be back in December or January. We will add it back to the calendar when instructor returns!)

Low-Impact SET is a low-impact toning class where bands and small hand weights are used. All exercises are done sitting in a chair, or standing using a chair for support.

(SET) Seniors Exercising Together is designed to help participants increase flexibility, joint stability, balance, coordination, muscular strength and cardiovascular endurance. Our workouts combine aerobic, flexibility and strength training with plenty of fun and fellowship.

Cardio and Strength is a heart pumping class that incorporates cardio movements along with weight lifting to give you a full body workout. Come join this class, for all fitness levels, at 6:30pm Monday-Thursday, back in our aerobics room.

FITNESS SESSIONS

In addition to our drop-in classes, several fitness sessions are available.
Pre-registration is required for these programs.

HIIT F3 (High Intensity Interval Training)

High Intensity Interval Training is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind before the busy days get started. Modifications for all fitness levels are provided.

Wednesday January 2nd - Friday February 22nd

- 5:15-5:50am or 6:00-6:35am
- Registration is \$40 for an 8-week session.
- Location: Christian Life Center Gym
- Register at www.ankenyfirst.org