

Fitness Ministry March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> ❖ 5:15am HIIT ❖ 6:00am HIIT ➤ 7:00am Cardio/Strength ➤ 8:00am SET ❖ 9:00am Holy Yoga ➤ 9:00am SET ➤ 10:00am SET ➤ 5:30pm Yoga (No class March 16th) ➤ 6:30pm HIIT 	<ul style="list-style-type: none"> ❖ 5:15am HIIT ❖ 6:00am HIIT ➤ 9:20am Chair Yoga ➤ 10:30am Mini- Core/Yoga Stretch ❖ 6:30pm HIIT 	<ul style="list-style-type: none"> ❖ 5:15am HIIT ❖ 6:00am HIIT ➤ 7:00am Cardio/Strength ➤ 8:00am SET ➤ 9:00am SET ➤ 10:00am SET ➤ 1:00pm Yoga ❖ 6:30pm HIIT 	<ul style="list-style-type: none"> ❖ 5:15am HIIT ❖ 6:00am HIIT ➤ 9:20am Chair Yoga ❖ 6:30pm HIIT 	<ul style="list-style-type: none"> ❖ 5:15am HIIT ❖ 6:00am HIIT ➤ 7:00am Cardio/Strength ➤ 8:00am SET ➤ 9:00am SET ➤ 10:00am SET

Christian Life Center
First United Methodist Church
710 NE 36th Street, Ankeny, IA 50021
 Phone: 515.289.9153
 Website: www.ankenfirst.org



Above is the calendar for the month of March.

Monday-Friday, the classes will remain the same.

There will be NO classes on Tuesday March 24th and Wednesday March 25th.

If you have any questions about the above classes, please reach out to Jen Young at fitness@ankenfirst.org or visit the staff in the office.

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.
(No preregistration necessary. Register upon arrival to class)
Cost is \$20 which covers all drop-in classes below.

Chair Yoga offers a gentle form of yoga that is practiced 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!

Yoga- With regular practice, this class improves balance, concentration, and flexibility in an approach that may be modified for all experience and comfort levels. Beginners are welcome! Practice basic poses while releasing stress. Particular attention is paid to safe alignment. Bring water bottle, yoga sticky mat, and a blanket or towel (optional to bring blocks, strap or other props).

Mini Core/Yoga Stretch- This combination class uses two highly effective and complimentary regimens- a two-for-one! For the first 20-30 minutes we will focus on powerhouse/central core of the body, including abdominal muscles. Drawing on core-focused exercise models, this portion of the class enables participants to increase functional muscle strength. For the last 30-40 minutes we will focus on yoga based gentle stretches to release tension, gradually increase flexibility, and prepare the body and mind for 5-10 minutes of relaxation. Bring yoga mat, towel, and water.

Evening Yoga- This gentle vinyasa flow yoga class is tailored for all levels and abilities. Stretching, breathwork & mindfulness come together in a 45 minute class that will leave you feeling centered, connected and calm. Holy Yoga is a beautiful spiritual experience of exercise and prayer.

FITNESS SESSIONS

In addition to our drop-in classes, several fitness sessions are available.

Pre-registration is required for these programs. Visit www.ankenyfirst.org, click on Register Here, to sign up.

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.

Monday March 2nd - Friday April 24th (Next Session is Monday April 27th - Friday June 19th)

- 5:15-5:50am, 6:00-6:35am or 6:30-7:05pm (No Friday evening classes)
- Registration is \$40 for an 8-week session.
- Location: Christian Life Center Gym for morning classes; Fitness Room for evening class
- Register at www.ankenyfirst.org

Level 1 Holy Yoga

Great class for all yoga levels. Breathing, yoga poses and intentional thinking come together in this 60 minute class. Scripture verses are interwoven to create a beautiful exercise of mind, body, and spirit. Class is only on Mondays at 9:00am at the CLC. **Next session begins on Monday March 2nd**. Cost is \$20 for the 4 week session. Registration is online at www.ankenyfirst.org.