

## Fitness Ministry September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>● 5:30 am HIIT</li> <li>● 9:00am Yoga (ZOOM)</li> <li>● 6:30 pm HIIT</li> </ul>	<ul style="list-style-type: none"> <li>● 5:30 am HIIT</li> <li>● 6:30pm HIIT</li> </ul>	<ul style="list-style-type: none"> <li>● 5:30am HIIT</li> <li>● 9:00am SET</li> <li>● 10:00am SET</li> <li>● 6:30pm HIIT</li> </ul>	<ul style="list-style-type: none"> <li>● 5:30am HIIT</li> <li>● 6:30pm HIIT</li> </ul>	<ul style="list-style-type: none"> <li>● 9:00am SET</li> <li>● 10:00am SET</li> </ul>

**Christian Life Center**  
**First United Methodist Church**  
**710 NE 36<sup>th</sup> Street, Ankeny, IA 50021**  
 Phone: 515.289.9153  
 Website: [www.ankenyfirst.org](http://www.ankenyfirst.org)



**Above is the calendar for the month of September.**

If you have any questions about the above classes, please reach out to Jen Young at [fitness@ankenyfirst.org](mailto:fitness@ankenyfirst.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).

## **CURRENT FITNESS OPPORTUNITIES**

**(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. Cost is \$15 per month.

- Wednesday at 9:00am or 10:00am
- Friday at 9:00am or 10:00am

### **HIIT (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.

Workouts include: outdoors, CLC gym, TRX, Strength training, cardio and more!

#### **Monday August 30 through Thursday Oct 21**

- 5:30-6:00am, or 6:30-7:00pm
- Monday-Thursday
- Registration is \$40 for the 8 week session
- Location: Christian Life Center Gym
- Register at [www.ankenyfirst.org](http://www.ankenyfirst.org)

### **Yoga (ZOOM)**

Join this online yoga class for a gentle, relaxing hour-long practice. With a focus on releasing tension, this course offers a gentle approach to breathing, seated warm-ups, slowly flowing motion, standing poses, two-legged and one-legged balance poses, and seated and reclining stretches and poses. Modifications are offered, comfort and safety are emphasized, and everyone is invited to alter poses and set-ups for what is appropriate for them; for instance, some may prefer to sit on a sturdy chair rather than on a yoga mat. With the class occurring online, it's recommended that participants have at least some yoga experience. Yoga mat, comfortable exercise attire, water, and a towel are recommended; use of yoga blocks or other props if available may be helpful but not required. A prayer/devotion time will be included in each class.

- Starting Monday September 13th (Registration online is required)
- <https://ankenyfirst.churchcenter.com/registrations/events>
- Cost is \$15
- 9:30am