

## Fitness Ministry January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
*5:30 am HIIT *9:00 am-12:00 pm Open Walking *9:30 am Yoga (Zoom) *6:30 pm HIIT *Beginning January <b>24</b> Seniors Exercising Together (SET) 9:00 & 10:00 am	*5:30 am HIIT *6:30 pm HIIT	*5:30 am HIIT *9:00 am Seniors Exercising Together (SET) *10:00 am Seniors Exercising Together (SET) *6:30 pm HIIT	*5:30 am HIIT *9:00am-12:00 pm Open Walking *6:30 pm HIIT	*9:00 am Seniors Exercising Together (SET) *10:00 am Seniors Exercising Together (SET)

**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 January.**

**Additional Open Walking Times are available-Call the CLC office at (515) 289-9153 to inquire about availability.**

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. SET meets on Wednesday and Friday at 9:00 am & 10:00 am. Classes will also be available on Mondays at the same times beginning Monday, January 24. Cost is \$15.00 per month.

**Open Walking** - Open Walking times are available Monday & Thursday from 9:00 am-12:00 pm at the Christian Life Center. Other times may be available. Contact the CLC office at 515-289-9153 to inquire about available times.

**Yoga via Zoom**- 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. Class meets Monday mornings at 9:30 am via Zoom. Cost is \$20 per month. Register on our website-[www.ankenyfirst.org](http://www.ankenyfirst.org)

### **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 or at the end of your busy day. Modifications for all fitness levels are provided.

#### **Monday January 3-Thursday February 24**

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

