

Fitness Ministry Calendar				
Monday	Tuesday	Wednesday	Thursday	Friday
*5:30 am HIIT *9:00 am Seniors Exercising Together (SET) *9:30 am Yoga (Zoom) *10:00 am Seniors Exercising Together (SET)  *6:30 pm HIIT	*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 *6:30 pm HIIT	*9:00 am Seniors Exercising Together (SET) *10:00 am Seniors Exercising Together (SET)

## **CURRENT FITNESS OFFERINGS**

**(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 \$20 per month. See above calendar for class days & times.

**Open Walking** - Open Walking is available when a staff member is present. 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. 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 \$15 per month.

### **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 and improve your endurance. Modifications for all fitness levels are provided. Cost is \$40 for an 8-week session

# Sports and Fitness Ministry

Sports, recreation, and fitness activities create a unique way for individuals to unite and create a special community. We want to take that common bond created by athletics and use it as a platform to share the love of Christ with friends, families, and the community.

During each of our programs we set aside intentional time for devotion and prayer. We also offer an opportunity for participants to joys and concerns. Our goal is to create a community where people feel connected to each other and to Christ.

Throughout the year we offer a variety of activities for adults and children, which are listed below.

- Adult Fitness Classes-see calendar for days & times.
- Adult Open Gym Basketball-Saturday mornings at 6:00 am
- Adult Volleyball League-held various times throughout the year
- Kids Soccer League-Held in June each summer
- Various other kids & adult programs

For questions on any of these programs please contact the Christian Life Center Office at (515) 289-9153 or email [marcie.mulford@ankenyfirst.org](mailto:marcie.mulford@ankenyfirst.org). You can also find more information under the Ministries tab on our website <http://ankenyfirst.org/>.



Ankeny First United Methodist Church  
Christian Life Center  
710 NE 36<sup>th</sup> Street  
515-289-9153