

Fitness Ministry Calendar				
Monday	Tuesday	Wednesday	Thursday	Friday
*5:30 am Boot Camp *9:00 am Seniors Exercising Together (SET) *10:00 am Seniors Exercising Together (SET) *6:30 pm Boot Camp	*5:30 am Boot Camp *6:30 pm Boot Camp	*5:30 am Boot Camp *9:00 am Seniors Exercising Together (SET) *10:00 am Seniors Exercising Together (SET) *6:30 pm Boot Camp	*5:30 am Boot Camp *9:00am Holy Yoga *6:30 pm Boot Camp	*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 the above calendar for class days & times.

Boot Camp

Boot Camp 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

Holy Yoga

Perfect class for beginners or those with experience! 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.

- First Class is October 6th
- No pre-registration needed
- Cost is \$20
- Thursdays, 9:00am

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 share 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. You can also find more information under the Ministries tab on our website <http://ankenyfirst.org/>.



Ankeny First United Methodist Church
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