

ST. MARY'S FAITH FORMATION INVITES YOU TO

# Chapel FIT



STARTING 9.19.2018

JOIN US IN THE UPSTAIRS MANSION CHAPEL

Do you have a hard time fitting exercise into your busy schedule? Are you unsure what to do for the hour while your kids are at Faith Formation? Chapel FIT is a fitness class designed to focus on core strength, balance, coordination and flexibility. This class will provide a challenging workout for your body with a faithful twist.

Instructor: Anne Schoenauer  
(515) 371-5422