



Use It or Lose It

Let's get moving!

Fun & Fit

Join us for a fun, low-impact and complete workout (cardio/strength/balance training) designed to improve your quality of life.

Here are some tips to keep in mind as you join us for the sessions:

- Work at your own pace - stop if you feel pain.
- Stay hydrated, bring water to class.
- Wear comfortable clothes.
- Wear closed toed shoes (no sandals) with non-slip soles.



Bring your best smile, plan to have fun as you get fit!

Class Dates (please check website for changes in schedule or join the Fun & Fit group on Evangelus for immediate notifications to changes to schedule.):

*Join
Fun & Fit
Group!*

2021:

Sept 8 & 22

Oct 6 & 27

Nov 3 & 10

no classes in Dec 2021

2022:

Jan 5 & 19

Feb 2 & 16

Mar 2 & 16

Apr 6 & 20

May 4 & 25

**SIGN UP
TO RECEIVE
Email or
Text Messages**

VISIT / VISITE
eva.us/stluke
or TEXT / ENVIE UN TEXTO
[stluke to 55321](tel:55321)

9:30
Wednesday, April 5

Our Parish
Good morning! Tonight at 7:00 we are having
our townhall meeting. All are welcome!
Press for more