

## **WE'RE BACK!**

### **Stay Healthy Exercise Class at St. Peter – beginning Monday, September 13 – 9 -10am**

Are you feeling tired, stiff or just not yourself? We have the answer. Join some spiritual men and women in a morning of exercise and motivation. People of all ages are welcome and can benefit. Shannon, our instructor tailors the class to the audience. We work on our hearts, minds, and souls as we stretch, lift weights, and raise our heart rate slowly through low impact, easy to follow movements. Grab water, weights (2 to 5 pounds), and a mat, and join us each Monday morning. We will help you feel better from your head to your toes! Classes are \$5/session on a drop-in basis and are held in the church narthex. Enter through Door #1. Contact Paula for more information [hoegemeyer@att.net](mailto:hoegemeyer@att.net) or 586.322.2319

### **Christian Yoga Class at St. Peter – beginning Thursday, September 9 – 4:30 – 5:30pm**

Come join us for a faith filled gentle yoga experience. Becky will guide us through prayerful meditation, stretching, and postures, embracing our mind, body, and spirit that God has given to us. All ages are welcome. Bring a yoga mat, water, and a joyful spirit for this class that will meet every Thursday from 4:30-5:30 pm in the church narthex. The cost is \$10/session drop in. Enter through Door #1. Contact Paula for more information [hoegemeyer@att.net](mailto:hoegemeyer@att.net) or 586.322.2319