

# **THIS GREAT & HOLY LENT FOCUS ON ALL ASPECTS OF YOURSELF SPIRITUAL, MENTAL & PHYSICAL**

**JOIN OUR EXERCISE CLASSES ON  
MON, WED & FRI FOLLOWING SERVICES!**



**Sessions will alternate between Beach Body On Demand  
and Boot Camp-style workouts.**

## **WE'LL BE TRACKING OUR GOALS TOGETHER!**

**Write down your physical/health goals or share them on the  
poster board in St. Irene's Hall  
and commit to working on them together.**

**All are welcome!**

**All exercises can be modified for all abilities!**

**Please see Judy Gray for more information**