

REVELATION WELLNESS 217

JANUARY 2020 SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 8:30-10:30A Launch Event
5	6	7 5:30P Rev Fit Heather and Jenny C	8 5:30A Rev Fit, Katie	9	10 6A – Rev Strength, Jenny C	11 8:30A Rev Fit, Heather and Jenny C
12	13	14 5:30P Rev Fit Heather	15 5:30A Rev Fit, Katie	16	17	18 8:30A Rev Fit, Heather and Jenny C
19	20	21 5:30P Rev Fit Heather and Jenny C	22 5:30A Rev Fit, Katie	23	24 6A – Rev Strength, Jenny C	25 8:30A Rev Fit, Heather and Jenny C Sign Up Week
26	27	28 5:30P Rev Fit Heather Sign Up Week	29 5:30A Rev Fit, Katie Sign Up Week	30	31 6A – Rev Strength, Jenny C Sign Up Week	1 8:30A Rev Fit, Heather and Jenny C

REV FIT: 45 Minute class. Cardio/Dance/Strength - all will be incorporated into this class that will be fun for all levels of fitness. Bring a mat and a water bottle.

REV STRENGTH: 45 Minute class. Strength Cardio blend incorporating drumsticks, exercise bands and body weight exercises. This is a class that will be fun for all levels of fitness. Bring a mat and a water bottle.

REV CYCLE and REV ON THE MAT: COMING IN FEB 2020 – at Powerworks with Sarah A.
2/2 and 2/9 Space is limited to 25 Bikes and 40 Mat Participants. Revelation Wellness 217 Facebook page will be the place to learn more about these new classes.

FIRST PLACE FOR HEALTH: Returning on 3/5 2020. First Place for Health meets at Cherry Hills Room 201 for a 12-week bible study titled Stronger Everyday exploring bible characters who showed strength physically, mentally, emotionally and spiritually. The group gains strength as they share exercise tips, healthy eating suggestions, and memorize scripture. Contact Mary Jane Moorman (553-0627) or Dale Slater (331-8096) for more information.

ALL CLASSES 45 MINUTES UNLESS OTHERWISE NOTED
FOR UPDATES AND MORE INFORMATION -FIND US @ FACEBOOK.COM/REVVELL217

