



Do Good in His Name Ministry Presents Exercise Classes

Do Good Exercise Classes are back! If you would like to focus on your health and spend some quality time with your fellow neighbor, let Do Good help you! Starting Monday, July 6, 2020 our exercise classes will resume.

The exercise classes listed require NO registration, are FREE to all and will run continuously. You can come to all the classes or as many as you are able to attend. We will allow for social distancing and will wipe down and disinfect between classes. We hope to see you there!

Please bring a mat and light hand weights 2–5 pounds to the Soul Core classes. Do Good will have some weights available.

Please bring a water bottle to all of the Senior Citizen classes.

All classes allow for personal modifications to the exercises.

“Beloved, I pray that you may enjoy good health and that all may go well with you, even as it goes well with your soul.” 3 John 1:2



Do Good in His Name Ministry
25 West Main Street
Osgood, Ohio 45351
419-582-GOOD (4663)
www.dogoodrm.com

Soul Core

Exercise Class 1

Monday evenings 7:00–8:00 pm
Starts July 6, 2020
Lead by Krista Schmitmeyer

Exercise Class 2

Tuesday mornings 9:30–10:30 am
Starts July 7, 2020
Lead by Johna Hemmelgarn

Senior Citizen

Sit and Fit

Monday and Friday
mornings 9:00–10:00 am
Starts July 6, 2020
Lead by Monica Sowards

Details: Low impact exercise with hand weights. Includes a variety of stretches to improve flexibility and strength. Finishes with standing exercise to improve balance.

Strength and Stretch

Wednesday mornings
9:00–10:00 am
Starts July 8, 2020
Lead by Monica Sowards

Details: Low impact using resistance bands. Emphasizes breathing exercises and movements for relaxation. Stretching exercises will focus on flexibility and improving balance.



SHOULD ANY CHANGES OCCUR, UPDATES TO EACH OF THESE CLASSES WILL BE ANNOUNCED ON FACEBOOK. FOLLOW US AT:

DO GOOD RESTAURANT
AND MINISTRY