

## Be Fit @ First

Saturday, March 13, 1-2:30pm	Kick-off Event: Sample class, short wellness talk, time for fellowship.
Saturday, March 20, 1-2pm	Fitness Class
Saturday, March 27, 1-2pm	Fitness Class
*No class on April 3 during Holy Week*	
Saturday, April 10, 1-2pm	Fitness Class
Saturday, April 17, 1-2pm	Fitness Class
Saturday, April 24, 1-2pm	Fitness Class

### **Frequently asked questions**

#### ***Who can participate?***

Any adult, male or female, is welcome to participate. We can accommodate all fitness levels, including beginners.

Note: If you are just starting an exercise program, please consult with your doctor prior to the program. This is usually a simple phone call to your physician's office. Doctor's clearance is crucial for people with significant health issues, such as a history of high blood pressure, people on certain medications, and those recovering from recent surgeries or childbirth. If you aren't sure if this fitness program is suitable for you, please contact Moriah at [mhenrie@firstpresevanston.org](mailto:mhenrie@firstpresevanston.org) or 847-864-1472 ext. 227.

#### ***What is the format of the class?***

For this initial pilot program, we are using a total body circuit training format. There will be stations set up around the gym. A few participants will be at each station and then every minute or two we will rotate stations. The stations will include strength training exercises to train all the major muscle groups and cardiovascular exercises designed to increase your heart rate. All stations will have modifications for each fitness level.

#### ***Who are the instructors?***

Moriah Henrie graduated from the University of Southern California where she took courses in physical conditioning and weight training in addition to her major coursework in Communication. She is a Certified Fitness Trainer and operates her own fitness training business in Evanston. Moriah believes it is never too late to start exercising, and teaches her clients that physical activity is a crucial part of self-care. When we take care of ourselves, we are better able to serve others in our jobs, families, and ministries. Moriah is about to receive her Master of Public Health in May.

Dr. Thomas Livermore is a chiropractor at the Wellness Revolution in Evanston. Tom graduated from Palmer College of Chiropractic in Davenport, IA and specializes in Active Release Techniques (ART) with a focus on functional biomechanics. Tom is comfortable working with all ages and fitness levels. He has a passion for community health promotion, with a particular emphasis on physical fitness. Tom is also about to receive his certification as a Strength and Conditioning Specialist.

#### ***Do I need to register? What if I can't make every class?***

This program is FREE and there is no formal registration, so you can drop in to the class when you are available.

#### ***What should I bring?***

All participants should bring a water bottle and a towel. We will provide all the equipment.

#### ***Can I bring a friend?***

Yes! Feel free to bring friends, relatives, etc. We hope that this program will be a great way to introduce non-FPCE folks to our church family! Note: See the above recommendations regarding obtaining doctor's clearance.

If you have other questions, please contact Moriah Henrie at [mhenrie@firstpresevanston.org](mailto:mhenrie@firstpresevanston.org) or 847-864-1472 ext. 227.