



Come join us,
and invite your friends!

Fitness For Your Body



and Soul

Group exercise sessions

Chinese Church In Christ
1490 Saratoga Avenue, San Jose, CA 95129
Dates: Tuesdays, 9/1/15 – 12/8/15
Time: 9 to 10:00 am

Period I. Effective Strength Training: Principles and Techniques 9:00 - 9:20am, 1st Floor

Many people have the impression that lifting weights is not for them, due to fear of injury, or various misconceptions. During these 18 sessions, you will learn why strength training is beneficial for everyone, young and old, men and women. There will be some lecture sessions, but most sessions will involve learning and practicing the correct techniques for strengthening different muscles.

Period II. Praise Exercise, Exercise video with Chinese lyrics 9:20 - 10:00am, 1st Floor

Praise Exercise combines the elegance of dance with breathing exercises to increase muscle flexibility. We will integrate gentle dance into exercise, accompanied by Christian praise music.

There is no class on 11/24. For more information call 408-364-2242, or email elee_ccic@yahoo.com or cypccic@gmail.com.



快來加入我們，
並邀請您的朋友！

加強您身心靈



的健壯

團體運動和聖經探索課程

基督徒會堂
1490 Saratoga Avenue, San Jose, CA 95129
日期: 星期二, 9/1/15 – 12/8/15
時間: 上午九點至十二點

時段一 / 有效的健身訓練：原理與技術 上午 9:00 - 9:20, 1 樓

在許多人的印象中，舉重是不屬於他們的，由於害怕受傷，或各種誤解。在這 18 次的健身營，您會了解為什麼健身訓練有利於每個人，無論是年輕人和老年人，男性和女性。我們會有一些講座課程，但大多數的課程將涉及學習和練習正確的技術，來加強不同肌肉。

時段二 / 讚美操 上午 9:20 - 10:00, 1 樓

讚美操的設計是結合優雅的舞蹈及呼吸吐納各式健身運動，使筋骨舒展。以聖經的話語，配上優美的旋律來做體操。

時段三 / 姐妹會 上午 10:00 - 12:00, 2 樓

內容有詩歌、查經、專題及烹飪。一個學習生命成長和建立友誼的地方。

11/24 放假。您可以選擇參加以上任何時段。上午 10 點以後有幼兒照顧。欲了解更多信息，請致電 408-364-2242 或發送電子郵件至 lilylli@pacbell.net。