

GROUP FITNESS GAME PLAN:

A FAITH-BASED FITNESS INSTRUCTOR'S
GUIDE FOR CLASS PLANS AND DEVOTION
IDEAS FOR HOLIDAY THEMED CLASSES

A DONE-FOR-YOU RESOURCE WITH 21 CLASSES, INTENTIONS, PLAYLISTS, AND MORE

UPDATED 11/3/22

Holiday Edition

CHRISTMAS, HALLOWEEN, THANKSGIVING, EASTER, MLK
DAY, OLYMPICS, SUPERBOWL, MARCH MADNESS, AND
VALENTINES DAY

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Wellness **WITNESS**

For Your Heart, Your Health, and Your Home

Group Fitness Game Plan

I hope this guide gives you new ideas, exciting and fun choreography, devotional content, and JOY in leading your classes. This has been SO fun to put together for you! Thank you for your purchase and for supporting the work that I do here. I'm grateful for you!

Love,
Kara

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CHRISTMAS WORKOUTS

I LOVE Christmas and I LOVE Christmas themed workouts. I Love them so much so that once Thanksgiving has ended, the very next class I break out my Christmas class plans and we do them every time we meet until the end of the year. Over the years I've accumulated quite many plans so I'm excited to share NINE of my top favorites with you. I'll list them here and then you'll see each one in sequential order below:

Title	Devotion?	Format of workout plan:	Playlist?
12 days of Christmas	yes- Isaiah 9:6	typed up description	no
Build the tree		typed up description	no
Christmas Cardio Accumulator	yes- Prince of peace- John 14:27	typed up description	no
Christmas cardio/strength video	yes- Advent week 1 Ann Voskamp	https://youtu.be/f4snQXnhzZw	yes
Christmas circuit/stations	yes- Gal 4:4-5 RIGHT ON TIME	typed up description	no
Christmas drums full class video	yes- Hold the Baby-	https://youtu.be/SxD3VmBVugl	yes
Christmas mission possible VIDEO OF CLASS	yes- Thrill of HOPE	https://vimeo.com/484501076/20b11c9616	yes
Christmas STICKS AND STONES	Yes- Refusing Overwhelm	https://youtu.be/CxTlqW4LWe8	yes
Christmas strength: Choreographed Strength	Yes- Isaiah 9:2	https://youtu.be/RNJOW2s9VCA	yes

12 days of Christmas

Warm-up Idea: Toilet tag. To play this game have a few participants selected ahead of time to be taggers. When you tell them to begin, the participants should walk, fast walk, or jog around the space while the taggers try to tag them. If they are tagged, they must hold a squat. Another participant who has not yet been tagged may come along to 'un-freeze' them but they must hold a squat while the other member sings "jingle bells, jingle bells, jingle all the way". Once that's done, he/she is free and they both return to playing.

--

WORKOUT PLAN:

This workout is based off of the song 12 days of Christmas. When I use it with my classes, we sing along while we move. It works in the same format as the song does where you start with 1 and work your way up to 12 days while repeating each exercise as you go.

So to begin the workout I'd say or sing:

- On the first day of Christmas my true love gave to me:

1- 1 stinking burpee
And then we'd do the burpee

On the second day of Christmas my true love gave to me:
2 squat jumps (complete the squat jumps) and 1 stinking burpee (Complete the burpee)

On the 3rd day of Christmas my true love gave to me:
3 jumping jacks (complete the 3 jacks), 2 squat jumps (complete the 2 squat jumps), and 1 stinking burpee (complete the burpee).

Continue in this format adding on an exercise each time:

4 skater hops
5 Plie squats
6 Mountain climbers (per leg)
7 bicep curls
8 triceps kickbacks
9 Jacobs ladder (this is a high knee run while your opposite arm reaches up when your knee lifts. Do both sides to count as one rep)
10 Pulsing Squats (Drop into a squat position then pulse for the count of 10)
11 Overhead presses
12 Rockette kicks (these are front kicks- bending the knee is fine)

Extra time?

Pick a favorite song from the Christmas choreography that you have access to in this resource. Or, play CHRISTMAS COOKIES song by George Strait while you have them

walk or jog the room. Every time he says Christmas or Christmas cookies or cookies they are to do 2 squat jumps. Change their movement as the song progresses if you'd like to skips, shuffles, lunges, high knees, etc.

More time?

Finisher:

1- Push-ups

2- Bicycle Crunches

Alternate back and forth 10 reps of each (both sides of bicycle crunch count as one rep) for 5 minutes.

Stretch and Cool down.

Isaiah 9:6- For to us a child is born, to us a Son is given. And the government will be upon His shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.

This was foretold 700 years before Jesus was born. And it was exactly true. Every word: truth.

Use your cooldown time to teach about how He is our PRINCE OF PEACE- our COUNSELOR- our GOOD FATHER. Give examples of how He has shown up and been this in your life.

Build-the-Tree Christmas Challenge

Warm-up: This one may require a little more explanation than normal so get the participants moving while you give the information they'll need to understand the format and to understand the movements.

For this workout here's how I set it up: I give each participant a copy of the workout plan (tip: make one with larger font for members who can't see quite as well) or you can write it on a large whiteboard. I like to set up a big bulletin board/white board down at the end of the gym with the tree drawn on it. With each section that participants complete, I have them add their name to the tree by writing it on there.

They'll start by completing their base (core work) and then they'll launch into Round 2. Once they complete all exercises in Round 2, they'll add their name to that section of the tree drawing (optional) and then begin on Round 3. You'll notice that with each round, the reps increase but the number of exercises decreases.

At the end of the class, I typically take a photo of the group standing beside the bulletin board/white board with all of their names added to each section that they completed. Play Christmas music and have fun!



Scripture focus/teaching idea: Read a passage from one of your favorite Christmas devotionals or advent studies. I love “Unwrapping the Greatest Gift” by Ann Voskamp and Emmanuel by Ruth Chou Simons.

Christmas Challenge

*Begin at the base. Complete each level before moving on to the one above it.

ROUND 6:

- 1-20 Jingle Bell Ringers (Kettle bell swings)
- 2- 5 rounds last minute shopper shuffles (side shuffles across floor)
- 3- 20 Tree toppers (1 weight- squat, curl, press plus calf raise)

ROUND 5:

- 1-18 Jingle Bell Ringers (Kettle bell swings)
- 2- 4 rounds last minute shopper shuffles (side shuffles across floor)
- 3- 18 Tree toppers (1 weight- squat, curl, press plus calf raise)
- 4- 5 rounds Holiday Hustle (sprint across floor)

ROUND 4:

- 1-16 Jingle Bell Ringers (Kettle bell swings)
- 2- 3 rounds last minute shopper shuffles (side shuffles across floor)
- 3- 16 Tree toppers (1 weight- squat, curl, press plus calf raise)
- 4- 4 rounds Holiday Hustle (sprint across floor)

ROUND 3:

- 1-14 Jingle Bell Ringers (Kettle bell swings)
- 2- 2 rounds last minute shopper shuffles (side shuffles across floor)
- 3- 14 Tree toppers (1 weight- squat, curl, press plus calf raise)
- 4- 3 rounds Holiday Hustle (sprint across floor)
- 5- 14 Present Press (Squat plus overhead press 1 or 2 weights)

ROUND 2:

- 1-10 Jingle Bell Ringers (Kettle bell swings)
- 2- 1 round last minute shopper shuffles (side shuffles across floor)
- 3- 10 Tree toppers (1 weight- squat, curl, press plus calf raise)
- 4- 2 rounds Holiday Hustle (sprint across floor)
- 5- 10 Present Press (Squat plus overhead press 1 or 2 weights)
- 6- 2 rounds Toy Soldier March (Walking lunges with our without weights)

ROUND 1:

- Build your base:
- 10- Bowl full of Jelly (Russian Twists 10 per side)
- 10- Snow Angels (Supermans)
- 10- Push Away from the Tables (push-ups)
- 10 March of the Toy Soldiers (glute bridge marches 10 per leg)

To print the complete pdf file in full size, go to:

<https://www.wellnesswitness.com/wp-content/uploads/2022/09/Christmas-Challenge-for-classes.pdf>

Bodyweight Christmas Cardio Accumulator

WARM UP: Choose warmup of your choice.

WORKOUT PLAN:

For this workout you'll complete a movement for 30-seconds then rest for 30 seconds. Each round you'll add on an additional move.

Round 1:

- 1- "Shop til you Drop" Quick Feet (Add in optional ground tap every 5 seconds)
- REST :30

Round 2:

- 1- "Shop til you Drop" Quick Feet (Add in optional ground tap every 5 seconds)
 - 2- Fight for Joy (fast punches)
- REST :30

Round 3:

- 1- "Shop til you Drop" Quick Feet (Add in optional ground tap every 5 seconds)
 - 2- Fight for Joy (fast punches)
 - 3- Rockette Kicks (alternating front kicks)
- REST :30

Round 4:

- 1- "Shop til you Drop" Quick Feet (Add in optional ground tap every 5 seconds)
 - 2- Fight for Joy (fast punches)
 - 3- Rockette Kicks (alternating front kicks)
 - 4- Present Press (Arms press overhead with legs doing a jack)
- REST :30

Round 5:

- 1- "Shop til you Drop" Quick Feet (Add in optional ground tap every 5 seconds)
 - 2- Fight for Joy (fast punches)
 - 3- Rockette Kicks (alternating front kicks)
 - 4- Present Press (Arms press overhead with legs doing a jack)
 - 5- Christmas Dinner (Squat hold!)
- REST :30

Round 6:

- 1- "Shop til you Drop" Quick Feet (Add in optional ground tap every 5 seconds)
 - 2- Fight for Joy (fast punches)
 - 3- Rockette Kicks (alternating front kicks)
 - 4- Present Press (Arms press overhead with legs doing a jack)
 - 5- Christmas Dinner (Squat hold!)
 - 6- Christmas Day Ice Skating (skaters)
- REST :30

Round 7:

- 1- "Shop til you Drop" Quick Feet (Add in optional ground tap every 5 seconds)
 - 2- Fight for Joy (fast punches)
 - 3- Rockette Kicks (alternating front kicks)
 - 4- Present Press (Arms press overhead with legs doing a jack)
 - 5- Christmas Dinner (Squat hold!)
 - 6- Christmas Day Ice Skating (skaters)
 - 7- Christmas Star (Star jumps)
- REST :30

Round 8:

- 1- "Shop til you Drop" Quick Feet (Add in optional ground tap every 5 seconds)
 - 2- Fight for Joy (fast punches)
 - 3- Rockette Kicks (alternating front kicks)
 - 4- Present Press (Arms press overhead with legs doing a jack)
 - 5- Christmas Dinner (Squat hold!)
 - 6- Christmas Day Ice Skating (skaters)
 - 7- Christmas Star (Star jumps)
 - 8- Kneeling at the manger (alternating reverse lunges)
- REST :30

Longer class? Go back DOWN the ladder or add additional moves.

Teaching idea:

Jesus: Jesus was foretold 700 years before His birth by Isaiah and one of the names used: Prince of Peace.

We serve a God of peace (God is not a God of confusion but of peace). Jesus came as the Prince of Peace. Apart from Him, there is NO peace.

Jesus is the only reason we can truly live peacefully with God.

Jesus- our prince of Peace. He can restore every broken relationship, restore and help us live a balanced life, and He gives us the opportunity for eternal life.

John 14:27- Peace I leave with you- My Peace I give to you: Not as the world gives do I give to you. Do not let your hearts be troubled, nor let it be fearful.

Ann Voskamp said "Worry is always belief gone wrong because you don't believe that God will get it right. Peace is belief that exhales."

At Christmas we celebrate Jesus. Who He is. What He came for. He is our Prince of Peace and if we will call on Him, even today, two thousand years later, He gives peace. Not just any peace, but peace that surpasses all understanding. (Phil 4:6-7: **Do not be anxious about anything, but in everything, by prayer and petition, with**

thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.)

Christmas Cardio Strength: FULL CLASS VIDEO and Playlist

Link to view the full class: <https://youtu.be/f4snQXnhzZw>

Link to playlist:

<https://open.spotify.com/playlist/46aUEjkzGHc6ETJYCN3q1Y?si=66a0dbcf2d64422f>

Teaching idea:

Christmas teaching- Advent Week 1 from Ann Voskamp:

This is an excerpt of what she wrote and of what I read in class:

You've been hoping against hope, because deep down, you still believe, even when everything else around you tells you there's less hope than a snowball's chance in hades.

I held a wooden box that held my father's ashes this year.

How can a man who was larger than life to you be reduced to powdery ash and weigh less than a few pounds in your hands?

How can children get cancer & marriages fall apart & jobs & hearts get axed & debt loads & dreams explode & the trajectory of your story go south & you end up on some unlikely detour you never asked for, you never dreamed of, you never wanted and now only want out of?

How, on almost the longest, darkest night of the year, can Advent's first Sunday begin with hope?

I've spent more than half of the year waiting on a coroner's report when what I'm really ache waiting for is resurrection.

Your craning neck can ache as much as breaking your heart, you waiting, and hurting, and hoping, for a lost one to come home.

There can be emptiness at your table, in your bed, in your Christmas card, in your heart, that you can never fill.

But it's not hope unless it's hard... and you know it:

Hard happens. And that's exactly where hope gets to happen.

You can feel it, even now in the dark, in longing, in the unknown:

To hope against hope — is to hope with nothing but hope supporting you.

To hope against hope is to lean all your hope up against Hope Himself — and let Hope Himself support all your hope... let Hope Himself BE all your hope.

Hope against hope — that the emptiness will fill, that the wound will heal, that the miracle will happen, that the ashes will rise, that the prodigal will come home, that the marriage will mend, that the page will turn, that the next chapter will dare to bring any dreams come true and more than enough grace to meet you and carry you through, regardless.

What you don't know how to live through, Hope Himself will carry you through.

Lean your Hope against Hope Himself & you can withstand anything for He is with you.

You don't need a reason to Hope — you only need the Person of Jesus.

And He is coming.

You've been hoping against hope

because deep down, you still believe,
even when everything else around you tells you there's less
hope than a snowball's chance in hades.

I know: I held a wooden box that held my father's ashes
this year.

How can a man who was larger than life to you be reduced to
powdery ash and weigh less than a few pounds in your hands?

How can children get cancer & marriages fall apart, & jobs
& hearts get axed, & debt loads & dreams explode, & the
trajectory of your story go south, & you end up on some
unlikely detour you never asked for, you never dreamed of,
that you never wanted and now only want out of?

**How, on almost the longest, darkest night of
the year, can Advent's first Sunday begin
with HOPE?**



Christmas Circuit/Stations

Have class members walk the room to warm-up. Play a fun Christmas song while they move. Cue them through walking, arm circles, walking hamstring curls, walking leg reaches, punches, side shuffles, etc. You can even have them stop and form a circle and then do some squats and things together.

While they're warming up, explain the circuits to them.

Stations

Pick any of these that you'd like to or feel free to add in others of your choice. I'm including 17 but most likely you will **NOT** have time to do this many so pick your favorites! Depending on how long your class is and how many stations you select will determine your time intervals. You can choose to have them only do a station 1 time and remain there for longer or do shorter time intervals and have them do each station 2-3 times. I always have my participants take their hand weights with them from station to station so that they'll have them.

1- Christmas Star Jumps- This is a star jump but they bring the arms all the way up and out (making a circle like a shooting star). Low impact option: Step out and bring arms to circle.

2- Snowboarders: This is like a surfer squat. Get into surfer position as if you're standing on a surfboard facing the side and then hop OR walk your feet to turn 180 degrees to the other direction.

3- Snow angels- This is like a superman except you'll cue them to extend arms and legs in and out to make an angel (face down on mats)

4- Christmas Tree Topper- hold 1 weight sideways. Squat and lower weight to ground then stand while you curl and press weight overhead and add in a calf raise...this is as if you're topping the tree with the star)

5- Speed skaters- regular skaters

6- Jingle Bells- These are just a kettlebell swing. If you don't have kettlebells have them hold a hand weight vertically to swing it like a kettlebell.

7- Polar bear crawls- Bear crawls forward and back on their mats or side to side

8- Snow shovelers- This is like a weighted lawnmower movement but as if you're throwing snow over your shoulder

9- Snowy Mountain climbers- give them paper plates to put under their feet and have them do mountain climbers

10- Bowl full of jelly- weighted Russian twists on mat

11- Sleigh ride- If you have big super bands, partner them up and have them do resisted band runs. No bands? Skip this one.

12- Up on the rooftop- weighted step-ups. You can use a chair or a step for this.

13- Last minute shopper shuffle- side shuffles across floor

14- Present press- weighted overhead press

15- Holiday hustle- quick feet

16- Toy soldier lunges- walking lunges

17- Silent night sit-ups- straight leg sit-ups

Teaching idea:

Galatians 4:4-5

But when the set time had fully come, God sent His son, born of a woman, born under the law, to redeem those under the law, that we might receive adoption to sonship.

For centuries God's people had been waiting. Silence had reigned for hundreds of years. They'd waited. They'd prayed. They had hoped and longed and waited some more. They were expecting rescue but year after year, it hadn't come. Until just the right day, in the just the right place, and at just the right time: JESUS was born.

Although I have an idea of when I think things should happen, God rarely operates on this same time table. He doesn't often move when I think He should but you know what? He ALWAYS comes at exactly the right time.

Today, I want to encourage any of you that are in a season of waiting. Of wondering. OF questioning when God is going to move. HE HAS NOT FORGOTTEN YOU. Let this remind you today and encourage you that He is always moving, always working, and always right on time. Just because you can't yet see what He's up to doesn't mean that He's forgotten you. This very second- this very minute- He is working all things together for your good and His glory. THIS VERY SECOND! And at just the right time, and in just the right way, He will move. Prepare your heart. Make Him room. And praise Him that He moves at just the right time.

Christmas Drums: FULL CLASS!

I love this one.

You can find the full recording here: <https://youtu.be/SxD3VmBVugI>

You can find the playlist here:

<https://open.spotify.com/playlist/1AWxdI7H8JOhmBrIbfCrSP?si=e931873d6d3f4e43>

The devotion I read over them is from Lonnie Lacey- "What we Hold"

<https://lonnielacy.com/what-we-hold/>

You'll notice in this playlist I built in some 'silent songs' to give us a brief chance to rest. This class was also taught at the END of my year so the part that isn't included on the video is when I waited for them to write a letter to themselves to be opened at the end of the following year. I bring paper, pens, and envelopes for this as well as notecards. On the notecard they write down what they want to BE DONE WITH moving forward. On the paper they write their letter then they seal them up in the envelope and write their names on the front. I collect these and keep them until the following year. They take their notecards and rip them, crumple them, etc. and throw them in the trashcan as they finish. This is a powerful way to end your year together!

Christmas MISSION POSSIBLE workout:

This is one of my favorite LOW-IMPACT formats for movement. It's gentle on joints but HIGH ON FUN! This involves lots of steps, gentle movement, but fun music and movement. It may be a different style than you are used to but your class participants may love it!

Full workout is here: <https://vimeo.com/484501076/20b11c9616>

Full playlist is here:

<https://open.spotify.com/playlist/5Pau94YIDVQafJSsjoSINS?si=8a67c829e59a42f9>

Teaching topic: A THRILL OF HOPE

Christmas STICKS AND STONES Mash-Up: (Weights and Drumsticks)

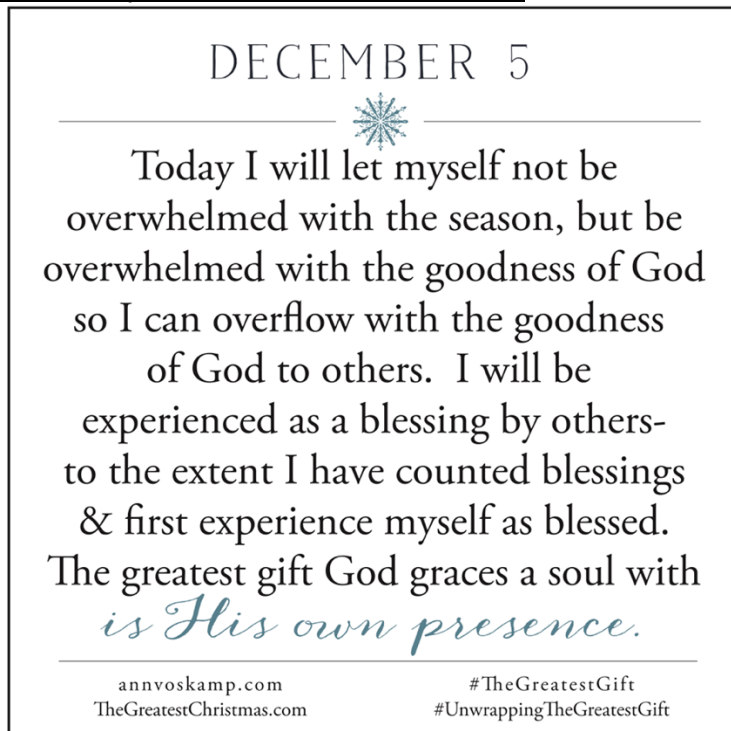
This is a compilation of different songs that I think you'll really enjoy.

Video link here: <https://youtu.be/CxTlqW4LWe8>

Playlist link here:

<https://open.spotify.com/playlist/4af7ORA6zEA0nObimG265m?si=b272c07000e144aa>

An excerpt from some of what I read:



...so you know how there's that weight that can hang on the edges of you, so you just keep holding your breath, so you just keep forgetting to breathe?

Feel the weight of all that melts like thinning snow in the heat of His words for you right now: "I will bless you." (Genesis.12)

He will not burden you. He will not break you. He will *bless you* —the God of invincible reliability, the God who has infinite resources, the God who is insistent love. You can always go ahead & breathe—He will bless. You can always breathe when you know all is grace. And that is exactly the order of grace. . . .

Notice how the personal blessings envelop you first ----

Then you will be a noticeable blessing sent out into the world.

That is the gentle soul-talk:

"I will let myself not be overwhelmed with the season, but be overwhelmed with the goodness of God,

so I can then overflow with the goodness of God to others.

I will be experienced as a blessing *by others, to the extent I have slowed down -- and counted blessings -- and first *experience myself as blessed.*
The greatest gift God graces a soul with is His own presence."

Song playing is Make Room by Casting Crowns featuring Matt Maher

Christmas Choreographed Strength:

This is a full class recording of choreographed strength training set to Christmas music. I think you're going to love it.

Full class here: <https://youtu.be/RNJOW2s9VCA>

Playlist here:

<https://open.spotify.com/playlist/6nK4TF0dB6ZO74PINZUcje?si=57be10f3ff2645bb>

Halloween Ideas: I have 3 ideas for Halloween classes for you. I know that not all of you will recognize or celebrate Halloween, but for those that do, these are some fun ideas!!

Class #1: Halloween DRUMS

Full class recording: <https://youtu.be/F-KGVhASlko>

Playlist:

<https://open.spotify.com/playlist/5QTjAgeQaTCygL9VeKaD6j?si=f4f03aaafb82406f>

Your teaching topic as given in the video is on Philippians 2:10 – that one day EVERY knee will bow.

Class #2: Halloween Mash-Up:

1- Warmup: Song: I'm in Love with a Monster by Fifth Harmony.

As song plays, have class walk around room to slowly begin increasing heart rate. Every time they say "I'm in love" instruct class to do 2 jumping jacks then return to walking. You can change this as the song progresses to be squats or burpees. They will continue walking in between. Add in other movements as you see appropriate (arm circles, walking hamstring curls, etc.) during the verses/walking section.

2- Strength Tabata. Timer will be set up to do 8 rounds of 20 seconds work/10 seconds rest alternating back and forth between these two movements

A: Zombie Walk- this is walking lunges with 1 weight held straight out. Modification: Walking rear leg lifts with a pulse if needed and they can't lunge.

B: Monster climbers- these are mountain climbers. Modification: have them do standing if needed.

rest and explain next song.

3- Play song Ghostbusters

While the song plays, they are to jog (walk to modify) or skip around the room. Anytime the song says "**Ghostbusters**" they drop and do a burpee then return to walking. (Modification would be a walking deconstructed burpee or a calf raise with a reach then a squat with a step back with each leg). During the chorus section where it says "I ain't afraid of no ghosts" instruct them to do jumping jacks.

Rest and explain next section.

4- 7 move circuit. Each movement will be for 30 to 40 seconds each (depending on your class length) and the entire circuit will be done a total of 3 times. Each move name spells out **PUMPKIN**.

P: Press and Squat (This is a squat press I just reversed the name to make it fit)

U: Under-the-leg-weight-pass reverse lunges (1 weight. Reverse lunge then pass the weight underneath. Switch legs with each rep)

M: [Man Makers](#): This is a push-up, plank row L, R, Hop to squat position, stand and curl then overhead press. Squat and hop feet back to plank. Repeat.

P: Pick-ups: This is like a squat jump but you'll hop feet in and out while you sweep one hand in front of body like you're sweeping up something from the floor. Alternate hands.

K: Kicks: Fast kicks alternating LR

I: Invent your own move (They can pick any move they want)

N: Narrow bicep curls, wide bicep curls (alternate between the two)
3 times through total

5- Tabata: Timer will be set up to do 8 rounds of 20 seconds work/10 seconds rest alternating back and forth between these two movements

A: Zombie Run: Have participants sprint width-wise back and forth across floor

B: SSSSShhhhhh...be still planks: Have participants hold a high plank for 20 seconds wherever they're at when the timer begins.

Time left? Consider a cool-down song. I love to use [this older one](#) from Refit Rev.

(See below for Devotion ideas)

Halloween 3:

Warm-up: See idea from Halloween 2 workout above.

Stations: There will be options for 9 stations (Choose how many you'd like based on time and class size). Each station will require participants to spend 1 minute doing the assigned exercise before they rotate to the next station (30 seconds to rotate).

Station Ideas:

1- Booty Burner (weighted hip bridges)

2- Frankenstein sit-ups (straight leg sit-up- arms extended out in front)

3- Wolverine Crawl (bear crawls across floor or side to side on mat)

4- Jack-o-lantern-Jumps (squat jumps)

5- Soaring Supermans (superman core move)

6- Creepy Crawlers (mountain climbers)

7- Trick-or-treat-dash (sprints across floor)

8- Monster Mash (slam balls. If you don't have slam balls, have them do body punches)

9- Frankenstein walk (weight straight out in front, walking on tip toes across floor)

*Halfway through this workout, have them stop and complete the GHOSTBUSTER song as described in Halloween workout #2.

Change length of time and number of rotations to meet the needs of your group.

Halloween Devotion Topic #1: See video from Halloween #1. This is based on Phil 2:10 and Eph 3:20.

Halloween Devotion topic idea #2: Romans 11:33-36 from the MSG Paraphrase
³³⁻³⁶ *Have you ever come on anything quite like this extravagant generosity of God, this deep, deep wisdom? It's way over our heads. We'll never figure it out.*

*Is there anyone around who can explain God?
Anyone smart enough to tell him what to do?
Anyone who has done him such a huge favor
that God has to ask his advice?
Everything comes from him;
Everything happens through him;
Everything ends up in him.
Always glory! Always praise!
Yes. Yes. Yes.*

While most people celebrate mystery and suspense and dark, creepy things at Halloween, we celebrate the true source of LIGHT-the true source of LIFE.

Although our minds can't understand Him, we know this: FROM HIM and TO HIM, and THROUGH HIM are all things. To Him alone belongs the glory forever. Everything comes from Him. Every thing. ALL things. Your family. Your talents. Your health. Your relationships. Your hobbies and interests. Your calling. Your abilities. ALL OF IT from Him.

Everything happens through Him. Every thing. ALL things. He alone is the One who is fully in control of our circumstances and our future. He holds each moment and filters all things through His hands.

Everything ends up in Him. Every thing. All things. One day He will set all things right. The darkness will no longer weigh heavy. The tragedies and sadness that we've endured will end. The tears will be wiped away.

At the name of Jesus EVERY KNEE will bow.

We know how the story ends, friends.

The NKJV says it this way: For of Him, and through Him, and to Him are All things, to whom be glory forever. We have nothing to fear. Nothing and NO THING. We can praise Him today. Our shield and defender. Our safe place. Our rock. Our strong tower. Our redeemer and our friend.

Everything comes from Him. Everything happens through Him. Everything ends up in Him. Always glory! Always praise! Yes! Yes! Yes!

THANKSGIVING: (UPDATED 11/3/22)

This is a fun plan for a MASH-UP class involving multiple formats and options. Potential Playlist: Note that I've included songs to be used as background music for the tabatas and the Cardio/Strength segment. Feel free to swap these out.

<https://open.spotify.com/playlist/3v6uQNsuulWSEwmO7FGnSi?si=c70f2df6838d45e2>

Warm-Up: "Thank God for the Morning" <https://vimeo.com/210412815/ae7e578ce2>

Dance/Cardio song: "I thank God"

https://youtu.be/wO_Bci4zbWw

Strength Tabata Movements: (20 seconds on/10 seconds off. Four rounds total)

1- Sit at the table, lift your plate (Squat. While holding squat, bicep curl. Then stand and repeat)

2- Stir the Pot (standing core- 1 dumbbell turned vertical makes big circle from L to R then R to L straight out)

Drum song: One Day. Intro statement could be something like "Although your current circumstances may not be what you hoped they would be, we can go ahead and celebrate and thank Him because ONE DAY all things will be made right".

https://youtu.be/p4QZ_x5rZa0

Cardio song: Gobble Gobble - <https://youtu.be/MpPEXeMmzYg>

Cardio/Strength segment:

30 seconds each movement. 3 times through.

T- Touchdowns (jump feet out and sink into a squat. Touch both hands to the ground. Jump feet in and repeat)

H- Hammer curl then Overhead press

A- alternating reverse lunges with bicep curl

N- narrow squat + Upright rows

K- kicks (front, alternating)

S- Side lunge with lawnmower pull (R side, step to center, L side)

Kickboxing song: Stretchy pants https://youtu.be/qxBNKsm_feE

Thanksgiving Class 2 Ideas: (updated 11/2/22)

After releasing this guide, I realized that I wanted to go back and give you a few more ideas for your class as well as some additional choreography. Feel free to match some of the following ideas with ideas from the other Thanksgiving class plan or use them to make up your own!

Additional Choreography ideas:

'So good' song by Dara Maclean: Drumstick slow leg burnout:

https://youtu.be/jlK_TPdFaiQ

'Blessed Mode' by Kel Mitchell: Choreographed strength features lunges and leg burnouts: <https://youtu.be/ri3QEVIq2N4>

'For My Good' Song by Cochren & Co.: Choreographed Strength features Triceps and Obliques. <https://youtu.be/P4w1gUN7oPY>

'Thank You' Song by Jimmy Needham: Strength- Song features Deadlifts, Chest Flys, Situps and Hip Bridges: <https://youtu.be/GkPDgiuwkyE>

'I'm still here' by Mandisa: Warm-up. This original Choreography for this came from Heather Gerlach. <https://youtu.be/ftnS9b-X5G4>

'Stretchy Pants' by Carrie Underwood- Kickboxing. This is a song I had previously included but wanted to give you a better version. https://youtu.be/qxBNKsm_feE

'Goble Goble' by Matthew west- Bodyweight cardio. This is another song I had previously included but wanted to give you a better version:

<https://youtu.be/MpPEXeMmzYg>

And just for fun, here are some ideas for a **Thanksgiving Circuit** if you'd like one for your classes. The timing will depend on your class length and if you want to include it with other options (such as choreography). Have fun with it!

- 1- Black Friday Shopper Sprints! Have participants sprint from one end of the space to the other.
- 2- Sit at the Table- Wall sits! Have participants do wall sits. To increase the challenge, add weights
- 3- Turkey Lifts- Squat, Curl, Overhead Press
- 4- Macy's Thanksgiving Day Parade Practice- Have participants do walking lunges across the room. Once they get to the end, have them come back doing traveling lateral lunges.
- 5- Post-Dinner Naps- Have participants hold a high plank
- 6- Push away from the table- Have participants lie on their backs and complete chest presses with hand weights. To make this more challenging, they can do push-ups instead.

Devotion ideas:

Thanksgiving. The specific practice of stopping to GIVE THANKS.

Sometimes, we get confused. We think that we can praise God and give Him thanks when things are going well. When we have what we think we need. When He gives us what we want. When life seems easy and all is well.

And that is partly true. We SHOULD praise God and thank Him when things go well. But, we also should praise Him and thank Him when they don't. When things aren't looking like we thought they would. When the bank account is still empty...the relationship still isn't restored...the diagnosis looks grim...the job still hasn't come...

In the midst of THAT VERY PLACE, we can stop, bring Him a sacrifice of praise and THANK HIM for who He is and for what He is doing.

See rejoicing is not a passive pursuit. It's not a spectator sport. It's not an action that you'll just happen to fall into doing. Thanksgiving isn't just an emotion or a holiday. We have the opportunity to declare His goodness in every situation that we walk through. Each day. Each moment.

Eph 5:20 says "Giving thanks Always and in everything to God in the name of our Lord Jesus Christ". ALWAYS and in EVERY THING.
What would THAT look like in your life today?

1 Chronicles 16:34 says it this way: Give thanks to the Lord for HE is good; for His steadfast love endures forever.

I love that. Give thanks because HE is good. Not because our circumstances are. Not because we feel like it. GIVE THANKS BECAUSE HE IS GOOD. He's worthy of it.

Other scripture ideas you could use:

Psalms 105:1: Oh give thanks to the Lord; call upon His name. Make known His deeds among the people.

Psalms 136:3: Give thanks to the Lord of lords, for His steadfast love endures forever.

Psalms 95:2- Let us come into His presence with thanksgiving. Let us make a joyful noise to Him with songs of praise.

Psalms 100:4: Enter His gates with thanksgiving and His courts with Praise! Give thanks to Him; bless His name.

Valentine's Day:

1- Complete Class : <https://vimeo.com/668811017>

Kicks and Sticks

Teaching topic: Love using lots of verses including: 1 Peter 4:8, Eph 2:4, 1 Cor 13, 1 John 4:7, 1 John 4:19, Romans 5:8, 1 John 4:19, John 13:34-35, Isa 54:10

Playlist:

<https://open.spotify.com/playlist/0Lp1wkYiRi1iH8kDQO06ps?si=fcb6e0c8c9414d84>

2- Valentine's Day Strength Up-Chains and "I LOVE CARDIO" finishers

A class that I did in the past on Valentine's Day was called "I LOVE_____". It involved 5 separate songs (you can pick any songs that you'd like- be creative with your playlist!) and for each one they would complete a different move as their finisher. I'd say: I Love _____ and then they'd yell out a favorite cardio move that they'd complete for 30-45 seconds. This is an up-chain workout where you begin with 1 repetition of a specific movement and then work your way up to 5 reps of that movement. Once you get to 5 you go back and start back at 1.

*This is completed in an AMRAP fashion so they're working at their own pace individually while you help give form cues and time for the group.

Warm-up idea: [Cupid Shuffle](#)

Song 1:

Curtsy lunge Right leg, stand, bent arm side raise

Curtsy lunge left leg, stand, upright row (Chain the upright row to 5.)

*In case you don't understand, here's how It would look- You will start the song and show them the movements. Participants will complete 1 curtsy lunge with their R leg, stand, then complete 1 bent arm side raise. Next, they'll do a curtsy lunge with their left leg, stand, and do 1 upright row. Next, they'll begin again at the curtsy lunge with their R leg and the bent arm side raise, then they'll complete a curtsy lunge with the left leg but this time they'll do TWO reps of the upright row. Each time around they'll add on one more rep to the upright row until they get to 5. Once they're at five they start again at 1).

At the end of the song: Cardio challenge: 30-45 seconds: "I love _____" They will call out their favorite cardio movement and then do it.

Song 2:

Chest fly, Chest Press, weighted Sit-up

For this song you're going to chain the SIT UP to 5.

At the end of the song: Cardio challenge: 30-45 seconds: "I love _____" They will call

out their favorite cardio movement and then do it.

Song 3: Deadlift + row, stand, bicep curl

For this song you're going to chain the BICEP CURL to 5.

At the end of the song: Cardio challenge: 30-45 seconds: "I love _____" They will call out their favorite cardio movement and then do it.

Song 4:

Side lunge R leg (1 weight only), side lunge L leg, stand, overhead press, overhead triceps extension

For this song you're going to chain the TRICEPS EXTENSION to 5.

At the end of the song: Cardio challenge: 30-45 seconds: "I love _____" They will call out their favorite cardio movement and then do it.

Song 5:

Sumo squat + front raise (1 weight)

For this song you're going to chain BOTH EXERCISES to 5.

At the end of the song: Cardio challenge: 30-45 seconds: "I love _____" They will call out their favorite cardio movement and then do it.

Longer class? Add another song or two or a fun cardio finisher!

Devotion Teaching ideas: (2)

1- We know 2 Corinthians 13:4-8 well. We hear it at wedding ceremonies, see it printed on coffee cups and hanging on prints in our home. But how do we measure up when we look at it more closely? Today, as I read it to you I want you to INSERT YOUR NAME where it says LOVE. Could the statements I'm reading be true of you?

- _____ (insert name) _____ is patient.
- _____ (insert name) _____ is kind.
- _____ (insert name) _____ does not envy.
- _____ (insert name) _____ does not boast.
- _____ (insert name) _____ is not proud.
- _____ (insert name) _____ is not rude.
- _____ (insert name) _____ does not insist on her own way.
- _____ (insert name) _____ is not irritable or resentful.
- _____ (insert name) _____ rejoices with the truth.
- _____ (insert name) _____ always protects.
- _____ (insert name) _____ always trusts.
- _____ (insert name) _____ always hopes.
- _____ (insert name) _____ always perseveres.

Could those statements be true for you? Loving others is hard. We want to love others

better but we get off track. We lose our way. We make it about the other person and what they are doing/not doing. We grow resentful. We keep long lists of offenses or unmet expectations. We make them the enemy instead of keeping the enemy the enemy.

Want to learn to love others better? Ask the Lord to teach you. Study how Jesus lived and loved. Rely on the power of the Holy Spirit to walk with you and help you.

1 John 4:19 says "We love because He first loved us".

You're loved, friend. Totally and completely loved. And once we begin to grasp that, it's easier to love others.

Stop right now and ask the Lord, "Who are You calling me to show love to today?" . "Is there someone that I need to ask forgiveness from today that I have not been loving well?" "Do I have unconfessed sin in my heart when it comes to this area of my life?" And lastly, ask Him to help you. He will.

2-

1 Peter 1:22- You were cleansed from your sins when you obeyed the truth, so now you must show sincere love to one another as brothers and sisters. Love each other deeply with all your heart.

THIS is the mark of a true believer.
THIS is the proof of a changed heart.

How do we do this? How do we know what this looks like? We look to Jesus. How did He walk? Talk? Treat others? Serve others?

What do we know about love? 1 Corinthians 13 says it is:

Patient

Kind

Doesn't want what it doesn't have

doesn't brag or think itself superior to others

is not rude

Is not irritable

is not resentful

doesn't rejoice at others misfortunes

LOVE CHOOSES TO

Rejoice and Pursue truth

Put up with ALL things

Always believe the best

ENDURES ALL THINGS

These are hard. Loving people well is hard. It's messy. We'll get confused and we'll make it about the wrong things. We'll lose our way and begin keeping records of wrong. Of unmet expectations. On our own we will do this wrong.

BUT- In HIS strength, we can learn to love more deeply. More freely. More sacrificially. This will be a CONTINUAL PROCESS but with His help, it's possible.

Sincere love. Let's ask Him today to teach us what this looks like and to help us practice it with one another.

OLYMPICS

This is a circuit workout where participants will rotate from station to station based on timed intervals. To determine how long you want them to spend at each station, decide how many of the stations you will use and then figure out how many times you want them to complete the work at each station.

For example, I used **8** stations and had them complete **3** rounds AT THE SAME STATION before they rotated. Their timer was set up to be:

40 seconds of work, 10 second break

40 seconds of work, 10 second break

40 seconds of work, 30 seconds to transition to the next station

Warmup- I had the class complete Indian runs (or speed walks)

This is where you break them into smaller groups (ideally 5-6 people per group) and then line up single file. The line will begin walking or jogging around the room. The person in the back of the line has to jog or run or sprint to get to the front of the line. Once they've gone up to the front and are in place the next person at the back of the line now will run to the front of the group. The entire time the group is continuing to move.

This can be SO fun to watch as the class members learn to look out for one another, modify speed/intensity as needed, and cheer one another one!

Stations (each one mimics an event in the Olympics)

1- CYCLING-

Participants will complete bicycle crunches.

2- SWIMMING-

Set out paper plates and have them place the plates under their hands as they lay on their bellies. They will then complete Swimmers with the plates (pushing themselves up with extended arms then pushing the plates out in front of them as they lower down then circling each plate back and around as if they are doing the breast stroke. This is great back-body strength exercise!)

3- BASKETBALL-

Have them do basketball shooters. This is where they'll step/hop to the right and do a jump shot (imaginary basketball) then step left and repeat. Their heart rate will get elevated quickly!

4- GYMNASTICS-

Have them complete walking lunges with a rear leg lift as if they're on a balance beam.

5- RAFTING

Have them hold a v-sit while they use 1 weight to paddle L and R beside them (great core burn!)

6- PODIUM STEP UPS-

Set up chairs or find an elevated surface and have them do weighted step-ups. Optional progression: add overhead press.

7- VOLLEYBALL-

Have them complete a side shuffle and then jump up and extend arms to block the imaginary volleyball being shot at them.

8- WEIGHTLIFTING-

Weighted squat, curl, press

For fun, I often will stop the group mid-station (or as they are rotating) and we'll complete group challenges. For this workout they were 3 more sport challenges:

A: Boxing- everyone stops where they're at and we do fast punches together for 30 seconds

B: Equestrian- squat holds and pulses (as if riding a horse)

C: Volleyball- Star jumps!

This was a FUN workout. I had them dress in Red, White, and Blue and played JOCK JAMS for our music. We loved it!

Teaching ideas: 1 Corinthians 9:24

Focus on running THEIR race to win. Not their neighbors. Not the race they ran 10 years ago. Not the race with more spectators or a shorter length. THEIR RACE.

Basketball themed (March madness is when we did this)

Warm-up of your choice: One idea would be line drills (these were previously called suicide drills) completed in basketball fashion.

Tabata format! You'll have 2 moves that you alternate back and forth between for FOUR ROUNDS total. You'll do:

Move A: 20 seconds of work + 10 seconds rest

Move B: 20 seconds of work + 10 seconds rest

For a total of FOUR ROUNDS before resting and moving on to the 1 minute strength finisher.

Set 1:

A: Side lunge R + as you stand back up, jump off that standing leg and shoot the basketball

B: Quick Feet

DO FOUR TIMES THEN 1 Minute Strength challenge: side leg lift R + diagonal press L (at 30 seconds switch and do other side)

Set 2:

A: A: Side lunge L + as you stand back up, jump off that standing leg and shoot the basketball

B: Jumping Jack feet with 1 weight overhead press

DO FOUR TIMES THEN 1 Minute Strength challenge: Bent over row but only rowing 1 arm at a time.

Set 3:

A: complete 2 small hops to the R then drop into a squat, complete 2 small hops to the L then drop into a squat

B: 180 degree squats/squat jumps

DO FOUR TIMES THEN 1 Minute Strength challenge: Squat hold with bicep curls

Set 4:

A: Burpees (modification: Walking burpee or have them do a calf raise with an overhead reach then step back into lunge L leg, then lunge R leg)

B: Fast punches

DO FOUR TIMES THEN 1 Minute Strength challenge: Overhead Shoulder Presses

Fun optional add-on:

-20-second time outs. This can be where you have the group to complete a movement similar to one that a cheerleading squad might during the 20-second timeout periods in a game. Examples: high kicks, skaters, high knee runs, star jumps, etc.

-Team Huddle: have everyone run to the middle of the floor and form a large circle. All lower into a squat hold as if in a time-out huddle. Other options- PLANKS!

Easter Circuit:

This is a circuit workout where participants will rotate from station to station. Your time intervals will depend on how long your class is and how many stations you want them to complete. Be sure to build in some transition time for them to rotate from station to station.

Supplies needed: plastic easter eggs, plastic spoons (optional)

Warmup ideas: Do the [BUNNY HOP TOGETHER!](#)

1- Walking lunges with egg- training balance and strength!

Participants will grab a spoon and an egg and will complete walking lunges across the space while holding the spoon (which is holding the egg). Drop the egg? Start again!

2- Bunny hops across the line-

Set up this station where there is a line on the floor that they can hop horizontally across as they travel forward. Don't have a line in your space? Use masking tape or painters tape. This is a two-footed small hop. If participants can't hop, have them modify to a high knee march straddling the line.

3- Squat + Knee raise- (pass the egg)

I had them each grab an easter egg and hold it in one hand. As they would squat and then stand, they'd complete a knee lift and pass the egg under the leg to the other hand.

4- SPRINGTIME SPRINTS-

These are short sprints across the space. If you need to modify to a jog or even a speed walk, that's fine, too.

5- Crack the Egg ab move-

On their backs participants will sit up and bring knees into chest. If they are able, they can wrap arms around legs and get into a small ball/egg position. Then they'll release the legs, lean back, and if they're able, extend legs straight out and arms overhead to a V-SIT. They'll repeat this in and out motion til time expires. Modification: standard crunches with optional knee raise.

6- Iron CROSS arms-

Participants will raise arms until they're straight out in front of them with weights (thumbs facing up). Next, they'll open arms wide to a T position (thumbs up), then close arms back to being straight out in front, then lower arms. Repeat until time expires.

Other idea:

You can stop them halfway through and do the [CHICKEN DANCE](#) together. On the slower part in between verses they could walk/jog/skip around the room.

Other Easter Workout Ideas:

Do an Easter egg hunt and place eggs around the room. Inside of each egg, include an exercise movement. Have participants go hunt for the eggs and then once they're all found, each participant will take turns calling out the exercise movement and the group will complete it together.

Examples:

15 weighted squats
10 single leg reverse lunges (per leg)
10 bicep curls to overhead presses
10 overhead triceps extensions
10 push-ups
100 high knees
10 burpees
10 skaters (per side)
10 plie squats +upright rows
10 bent over rows

Devotion ideas (2):

I taught this one as a 2-part message split over 2 classes.

There were 2 things that we see Jesus did before He was crucified. The first one that we'll talk about today:

He served.

Jesus knew what was coming. He knew it was His last night and what did He do? He served. He showed up and He washed feet. John 13: read excerpts from this:
v1- He loved them to the end.

v4-5- He rose from supper. He laid aside His outer garments and taking a towel, tied it around His waist. Then He poured water into a basin and began to wash the disciples feet and to wipe them with the towel that was wrapped around Him.

v12-15: when He had washed their feet and put on His outer garment and resumed His place, He said to them- 'Do you understand what I have done to you? You call me Teacher and Lord and right you are, for so I am. If I then, your Lord and teacher have washed your feet, you ought to wash one another's feet. For I have given you an example, that you also should do just as I have done to you.

Then expand on this idea.
SERVING when it's costly.
HUMILITY.

PUTTING THE NEEDS OF OTHERS before your own.
Choosing to spend the time we have ministering to others.
etc.

Teaching idea 2:

We talked about last class that when Jesus had one night left, He chose to spend it serving. Washing feet.

But there's a second thing that we also see that He did.

Jesus served and then Jesus sang.

They had just finished the Last Supper and then in Matthew 26:30 we see this- "...And when they had sung a hymn, they went out to the Mount of Olives".

He didn't lament. He didn't complain. He didn't run to hide. He didn't bargain. HE WORSHIPPED HIS WAY to the cross.

On the worst night of His life. Facing the hardest thing HE CHOSE TO SING.

He served and then He sang.

I don't know about you, but I think there's something to pay attention to here. There's something to be LEARNED here.

If Jesus can SERVE and SING as He faced the hardest night imaginable, maybe we can train our hearts to do the same when we walk through hard days and nights. When we face hard seasons.

Read Portions or all of Isaiah 53.

Superbowl!!!

One year our local NFL team (Carolina panthers) went to the Superbowl! To celebrate, we did a SUPERBOWL themed circuit workout together. We had 6 stations set up that they rotated through. We all dressed up in Panthers gear or colors (I dressed as the referee) and we included some fun half-time drills as well.

You can customize this workout to fit with YOUR team or the teams playing in the Superbowl each year.

Warm-ups- For our warmup I had the class partner up and then I gave each pair a tennis ball. They were to separate themselves across the gym from each other. Their task was to throw the tennis ball to their partner and then run to switch places. As soon as they were in their partner's former spot, they'd throw again. You can have them walk, jog, or run. Feel free to bring in other movements to help them warm up if you'd like.

Stations:

1- Receiver Runs: For this station I had them line up at one edge of the gym and to hold a 3-point stance. When the timer started, they'd sprint to the other end of the gym. Once there, they'd repeat til time expired.

2- Kuechly kicks- (one of our players)- For this they would be in a hands and knees position on their mat and then complete donkey kicks behind them.

3- Dab like a Heisman- For this station they would complete Heisman's til time expired. I had them also 'dab' which was a popular movement at the time by Cam Newton who was playing for the Panthers.

4- Steward Sidesteps- (another player). I set up an agility ladder for this and they had to do side-steps and runs through the ladder. Don't have a ladder? No problem. Do walking lateral squats or even traveling lateral lunges.

5- Keep Pounding- (phrase used by panthers) For this station we did weighted medicine ball slams. Don't have medicine balls? Have them hold 1 weight and complete some kettlebell swings with it.

6- Panther Prowl- bear crawls forward and back across mat

Halftime activities: When our group was halfway through their allotted time, I called halftime and had them all come line up at the center court line (half on each side facing one another). Together, we worked on:

A: partner pushes (they can go shoulder to opposite shoulder for this or link hands but the goal is to push against your partner as much as you can and then to resist as they are pushing against you).

B: Quick feet drills where every few seconds I'd call for them to do an up-down (hit the deck and drop to floor and back up) or to jump and try to catch the imaginary ball. These were hard and fun.

Our playlist was jock jams (screen this ahead of time!). It was so much fun!

You can modify this to fit whatever team or mascot that you'd like.

Martin Luther King, Jr. Day

Warm-Up: I had them cycle through four movements on their own as I began introducing the plan for the day and the teaching intention. They used: jogging in place (modification: march), standing twists, squats, straight leg kicks + opposite arm reaches.

Once warm, we began with this song. It includes a clip of him speaking:
https://youtu.be/xC4_qKqJNis

The workout we did was a Cardio/Strength Tabata format. We took 2 moves and then completed them back-to-back in a 20/10 format (four times through each set).

1-

A: W to Y thrusters

B: walk down to push-up position then do 4 mountain climbers. Walk back up.

2-

A: Rev lunge + hammer curl. Switch legs.

B: Cross jacks (mod up option: burpees)

3:

A: top taps on weights

B: Sumo deadlift + front raise

4-

A: Lateral sumo slide + side raise

B: Kick + Punch then Jack

5- Core Finisher. Complete each move for 30 seconds. Do set 3-4 times depending on time.

V sit hold with punches

Starfish Abs

Russian Twists

Flutter kicks

Donut Draw ab circles

Devotion:

MLK once said, "Life's most persistent and urgent question is, 'What are you doing for others?'"

I'd ask you that today. Stop and consider: What are YOU doing for others?

Scripture ideas to use:

1 Peter 4:10-11

Luke 6:38

1 John 3:18

Heb 13:16
Gal 6:9
Gal 6:2

We don't get a chance to re-do this. Our days count. Our moments matter. Stop and ask the Lord to give you an idea for someone that you can serve in some way today.

Expand on this using the scriptures listed.

I hope that this guide has been helpful to you and that it will bring some FUN and JOY to your classes. If you haven't yet checked out the first volume of the GAME PLAN GUIDE, be sure to do that, too! It's got tons of ideas for fitness classes of all types and then an entire section with devotions that are scripture based and more detailed than the ones included in this guide.

It is my hope and prayer that by providing you with these ideas and resources that you are more ready and more BOLD to GET GOING on mission! May your communities be blessed by the work you are doing and may you make it your goal to serve and love and bless others with what you've been called to.

I'm so proud of you!

Love,

Kara

*If this guide is a blessing to you, please consider sharing about it with a friend or two who might benefit from it? It's hard to get the word out and I know that this has the potential to be a valuable tool for others. Thanks for helping me make sure they know about it!

#groupfitnessgameplan

