

EKKLESIA F.I.T.

Stay F.I.T. | Serve Others. | Have Fun.

Drums Alive! In Fountain Hills @ KDA

Ekklesia F.I.T. will offer this very unique fitness drumming class that embodies the personalities of bootcamp, Zumba, floor aerobics and rock and roll. Saturdays beginning 10/28 and ending on 12/2. Class begins at 7am - \$125 for the session or single class pass for \$25. Inside KDA Dance, Fountain Hills. Email ekklefiafit@gmail.com for more information on how to register.

SPRING TREK April 2024 - Arizona wilderness



Ekklesia F.I.T. is planning a spring backcountry trek April of 2024 somewhere in Arizona. Please follow Ekklesia F.I.T. social media pages on FB or Instagram to stay informed with the latest updates or email ekklefiafit@gmail.com and we will keep you posted via email.

<https://www.facebook.com/ekfitwithKai>

<https://www.instagram.com/ekfitwithkai/>



What is it about Drums Alive? Why is it so powerful to our health & well being?

Drums Alive is a fitness program that utilizes “whole brain, whole body” thinking. Research on the benefits of drumming shows *improved neurological connection between right and left brain hemispheres*. Drums Alive incorporates music therapy, sound therapy and movement therapy, which collectively increases our cognitive and motor skills, improves brain function and coordination, reaction time and agility. It is also designed to create a sense of community through rhythm and music, boosting our moods and immune system. It increases our sense of belonging, creating a sense of meaning and coherence in life. While all that is taking place, we are naturally decreasing stress, improving cardiac and muscular function and just plain having a great time. Email: ekklefiafit@gmail.com for more information. ©Drums Alive - C.Elkins

P is for PICKLE!**VIRTUAL POUND
CLASS 11/14/23**

Please join Hollie and Kai for a virtual Zoom Room **For the Love of Pickles**. A 45-minute sweat sesh on Tuesday, November 14 at 3:45 pm MST. Please register using this [link](#) or by clicking on the icon. \$10 to Zoom in, two ways to pay: Zelle: ekkleiafit@gmail.com or Venmo: @hollie-i-mcintire to receive your confirmation email once registered.

**EKKLESSIA F.I.T. SPOTLIGHT****Hollie McIntire****Hollie McIntire Photography**

Hollie McIntire is a triple threat in the industry of life. Originally from Colorado, she arrived in Fountain Hills, AZ just two years ago and wow'ed our little town with her gift of massage therapy when she started working at Aline Health Med Spa in Fountain Hills. Loving horses is in her blood and by the time Hollie was an adult, she worked as a wrangler on her family ranch. If that wasn't enough talent, she picked up a camera when darkrooms and minoltas were the rage and started to shoot. After years of refining her skill and several lenses later, her trifecta of talents with her force of nature has brought us together in our community campaign to support SRWHMG and their efforts to "Save the Saltys". You can contact her on social media by clicking here [Hollie McIntire Photography](#)

**Fun.Intentional.Together.**