



SoulCore is a movement that pairs core strengthening, stretching and functional movement with the prayers of the rosary. A sensory experience combining candlelight, music, scripture and movement to nourish body, mind & soul and encourage deeper reflection on the virtues of the rosary.

Holy Name Parish, under leadership of Parish Nurse Shannon Long, will offer classes for the month of October and beginning on October 5th. Class size is limited. There is no cost to participate but registration is required to reserve your spot.

Contact Shannon Long at 270-826-2096 or slong@holynameparish.net.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 <i>SoulCore</i> 7:45am 5:30pm	6 <i>SoulCore</i> 7:45am (Chair)10:30am 5:30pm	7 <i>SoulCore</i> 7:45am (Chair)4:30pm	8 <i>SoulCore</i> 7:45am (Chair)10:30am 5:30pm	9 <i>SoulCore</i> 7:45am	10
11	12 <i>SoulCore</i> 7:45am 5:30pm	13 <i>SoulCore</i> 7:45am (Chair)10:30am 5:30pm	14 <i>SoulCore</i> 7:45am (Chair)4:30pm	15 <i>SoulCore</i> 7:45am (Chair)10:30am 5:30pm	16 <i>SoulCore</i> 7:45am	17
18	19 <i>SoulCore</i> 7:45am 5:30pm	20 <i>SoulCore</i> 7:45am (Chair)10:30am 5:30pm	21 <i>SoulCore</i> 7:45am (Chair)4:30pm	22 <i>SoulCore</i> 7:45am (Chair)10:30am 5:30pm	23 <i>SoulCore</i> 7:45am	24
25	26 <i>SoulCore</i> 7:45am 5:30pm	27 <i>SoulCore</i> 7:45am (Chair)10:30am 5:30pm	28 <i>SoulCore</i> 7:45am (Chair)4:30pm	29 <i>SoulCore</i> 7:45am (Chair)10:30am 5:30pm	30 <i>SoulCore</i> 7:45am	31