

The Athletic Ministry Outreach

Office @ FCC would like to challenge every lady to try this class. It's the

beginning of a new year. What are you waiting for? The cost is minimal. We even offer child care. You will receive a devotion, group prayer and a great workout for your mind, body and soul. We encourage you to step out of your comfort zone. If you are at a novice

fitness level or if you have been doing this for years....this class is right for

you. Natali will show you ways to

maintain a healthy heart rate with high and low impact exercises. Light weights might be used, benches might be stepped on and you might actually have fun!

What do you have to lose...other than weight?



Fairfield Christian Church

Athletic Outreach Ministry

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Spring 2009

Women's Fitness Class



Athletic Outreach Ministry

How Do I Sign Up?

Women's Fitness

Please drop off your registration form in the Athletic Outreach Ministry Drop Box.

Fees: \$25 due at registration.

Classes are 10 weeks long and will be held on Tuesdays, & Thursdays from 6:30 p.m. to 7:30 pm, beginning **Tuesday, March 31, 2009** and ending **Thursday, May 28, 2009.**

Childcare is available

For More Information

Please Call:

Natali Woltz

740-654-1818

Name

Address

Phone

Home _____

Cell _____

Email

For Office Use

Amount _____ Date _____

Method- Cash _____ Check # _____



Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.

1 Corinthians 6:19-20