



Come join us for a revamped Faith and Fitness class this fall! We will be offering 8-week sessions throughout the year.

The first session will be starting Wednesday, September 26th running through Wednesday, November 14th! Join us for this 8-week course featuring a video workout program hitting all the body parts: Upper and lower body strength training, cardio, stretching, and more! There is an onscreen modifier, so ALL FITNESS LEVELS ARE WELCOME!

We have a fun, no pressure group that would love you to join us! We'll start class at 6:00pm with a short devotion and then do a quick, effective 30-minute workout!

Workout equipment will be supplied! Meet us in the church basement starting Wednesday, September 26th from 6pm-6:45pm for this fun fellowship opportunity!

All are welcome! Questions?

Contact: Julie Gentz

(414) 915-9332 (call or text)



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