



# *Fit To Serve*

See You  
There!



**Have questions?** Interested in facilitating a group or have an activity to suggest?

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**A Fitness and Health  
Ministry for Women**

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## Fit to Serve:

Fit to Serve was begun with the understanding that our ability to serve the Lord often relates to our energy and bodily condition. Classes feature full body workouts done at a pace most comfortable for you, great fellowship, and genuine encouragement. Bring a friend and get started!



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## Full Body Workout

Mon & Wed, 9:00 - 10:00 AM (Gym)  
Friday, 9:00 - 10:00 AM (Rm 154)

This class will introduce you to varied functional movements at many intensity levels. The result is a maximum workout in a minimum time frame. Your first class is free so come check us out - just bring your body and a bottle of water!

**Cost: \$25/unlimited or \$5 per class**

**Childcare: Free (8:45-10:00)**

**Location:** Room 128

**Contact: Angela Davis**

503-481-5945

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