



# **FAITHFit Fitness Ministry for Women: Spring 2013 Session**

March 27 2013 12:03 PM

**WHAT:** FAITHFit Fitness Ministry for Women: Spring 2013 Session

**WHERE:** First Baptist Maryville | 7110 State Route 162, Maryville, IL 62062

**WHEN:** Tuesdays & Thursdays | April 9 - June 27

**WHO:** Women Age 14 and Up Regardless of Church Membership

**COST:** Varies from \$12 for 12 workouts - \$40 for 72 workouts

**WHY:** All women (age 14+) are invited to register online at [faithfit.fbmaryville.org](http://faithfit.fbmaryville.org) for 12 weeks of fun, fitness, and faith. FAITHFit helps women tap into God's power to find abundance in total health. All classes will be held at First Baptist Maryville. Classes include:

§ Free Childcare

§ Clean, Uplifting Music

§ Accountability

§ Educational Support

§ Prayer & Fellowship

§ FitPoints Motivation Challenge

Classes being offered for the Spring 2013 Session include:

Tuesdays

5 - 5:45 p.m.: CardioSampler (ZUMBA GOLD®, CardioStep Beginner, ZUMBA FITNESS®)

6 - 6:55 p.m.: CardioStep Intermediate

7 - 7:55 p.m.: ZUMBA FITNESS®

Thursdays

5 - 5:45 p.m.: ZUMBA FITNESS®

6 - 6:55 p.m.: CardioStep Beginner

6 - 6:55 p.m.: Strength Training

7 - 7:55 p.m.: Stretch & Strengthen (Similar to Yoga)

For more information about FAITHFit, contact the church office (618.667.8221) or visit [faithfit.fbmaryville.org](http://faithfit.fbmaryville.org). For more information about First Baptist Maryville, contact the church office (618.667.8221) or visit [www.fbmaryville.org](http://www.fbmaryville.org).