



Devotional Exercise: Fitness for the Whole You

"T" is for Training on Tuesday

Featuring new routines or formats.
Public is welcome. Certified teachers
receive notes and teaching information
on how to teach the routine.

WoodsEdge KidZone
7:00 - 8:30 p.m.

Schedule:

August 11 - Slo Flo Part 1

September 8 - Psalm 63

October 13 - Slo Flo Part 2

No trainings during months of Nov. and Dec.

January 12, 2010 - Psalm 61

February 9, 2010 - A.R.T.

No trainings in March due to retreat

No trainings in April due to Easter

May 11, 2010 - New Routine TBA

No trainings in summer due to filming

Cost:

\$35 - Public

\$25 - Certified Teachers--
(pre-registered 30 days)

\$35 - Drop-in

