



# Be Transformed

## Body & Soul Workouts

### Where “Faith & Fitness” Meet

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. Energizing, inspiring workouts . all fitness levels . friends  
. encouraging, certified instructors

## CARDIO/STRENGTH

- M/W/F, 9:30 a.m. – Quail Springs Baptist Church at “The Hill” (Childcare)  
Starts 8-19
- M/Th, 5:45 p.m. - Holy Trinity Lutheran Church (FLC)  
Starts 8-19
- Saturday, 8:30 a.m. – The Springs Church (21477 N. Western)  
Starts 9-7

## GOLD (chair)

- M/W, 11 a.m. - Quail Springs Baptist Church at “The Hill”  
Starts 9-4

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For more info contact 359-6124 or [rdreyer1@cox.net](mailto:rdreyer1@cox.net)

Register at [www.bodyandsoul.org](http://www.bodyandsoul.org)

