

All life is a gift from God so during the month of April we have the opportunity to enrich our lives through experiences in health, wellness and wholeness and messages about a good (not just good enough) life from the book of Proverbs. Join us as we...



Keep the MOMENTUM



health
wellness
wholeness

SIT'N'FIT
Aerobics
With
Sheri
Webb
Tues. and
Thurs.
8:30 am

WEIGHT FOR IT
*With Angie
Kroeger
An introduction to
weight training
4/8@5:30 pm
Childcare
provided

TONING THE TEMPLE
(Aerobics)
*With certified fitness instructor Angie Kroeger
Mondays@7pm &
Thursdays@9am//
Childcare Provided

**Want to start a biking group?
Or a jogging crew? Want to
gather to do the p90x or
"Insanity" workouts? Bring it.
Let us know when you'll be
sweating and we will add it to
the calendar.
Let's Keep the Momentum together!**

MONDAYS

*With Jessica Mango,
Nutritionist from Backbone of Health
4/1-The Juice is Loose!
(Benefits and demonstration of juicing...with samples)
4/8-Missing Pieces?
(Do you need supplements?)
4/15-In the pot...crock pot that is!
(Healthy and delicious crock-pot meals)
4/22-Q & A
6:30 pm weekly//
Childcare provided

TUESDAYS

*With certified and certifiably awesome trainer and Yoga instructor
Nicci Funk
6:30 pm weekly
//Childcare provided

THURSDAYS

*With pastors Jim and Jared
4/18-Prayer
4/25-Reading the bible for all it's worth
6:30 pm both weeks//Childcare provided

WEDNESDAYS

*With all kinds of expert types
4/3-Body mechanics of young athletes
(Sarah Grupe, Peak Performance)
4/10-Body mechanics of, um, not-so-young not-so-much athletes
(Mike Trammel, Peak Performance)
4/17-Healthy Every Day
(Laura Jones, Backbone of Health)
4/24-Are you Drug deficient?
(Dr. Mike Perusich, Backbone of Health)
6:30 pm weekly//
Childcare provided

THURSDAY

*Presented by the Marshall lifestyle clinic
4/11-Lifesaving Lifestyle
7 p.m.//Childcare provided