

LOOKING FOR A CHRISTIAN ALTERNATIVE TO YOGA?

“Glorify God with your body.” 1 Cor. 6:20

Exercise your body, mind and spirit!

PraiseMoves®



\$5 May Classes

Mondays - May 6th, 13th, 20th

12:00 - 1:15pm

St. Mary Catholic Church

533 E. Main St. Aspen, CO

Bring an
exercise mat
&
water

*Be renewed by putting the Word of God to heart while you care for your body.

*Stretch, strengthen, build core stability, increase balance, release stress, heal injury, stay centered . . . on CHRIST.

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