

start your **WEEK OFF**
right with pound!
exercise class.

THIS FUN and high
energy class **WILL MAKE**
YOU EXCITED TO WORKOUT

EVERY Monday!

SEPTEMBER 10TH
- november 19th

EVERY MONDAY
FROM 9:00 -
10:00 AM

\$5 PER CLASS!
ONLY 15 PEOPLE
PER CLASS SO SIGN
UP TODAY!

POUND AND PRAISE

To register, call 419-925-7625
OR e-mail robin@spiritualcenter.net

JOIN US AT THE MONTEZUMA RETREAT HOUSE FOR SOMETHING NEW THIS FALL! "Pound & Praise" fuses cardio interval training with drumming to provide a challenging, workout. Each session will start with prayer and thanksgiving for our health, followed by lively, heart-pumping movements and upbeat tunes that will keep the workout feeling fresh. There's no holding an uncomfortable pose for an extended period of time; the class is always moving, always changing, and always pushing you. Do as much as your body allows while enjoying the company of others in a healthy atmosphere. It moves from warm-up to cool-down in just 45 minutes. Offered each week at two different times, we hope this will be something you can add to your weekly schedule. Drumsticks are provided - you just need a mat, towel, water bottle, and 45 minutes. Register ahead or just show up each week. \$5.00 donation per class. Call 419-925-7625 to pre-register or for any questions you may have about "Pound and Praise".

POUND AND PRAISE EVENING SESSION

EVERY WEDNESDAY SEPTEMBER 12-NOVEMBER 14

7:00 - 8:00 P.M.

Register today for this high energy, fun,
workout class held at the Montezuma Retreat
House Gym

\$5/PERSON
BRING
YOUR MAT,
TOWEL,
WATER BOTTLE
STICKS PROVIDED

Register by calling
419-925-7625 OR email robin@spiritualcenter.net