

WALKING CLASS

Faith & Fitness



Looking for an easy, fun way to get fit, get inspired, and enjoy fellowship? Consider this community group!

Includes:

- A low-impact, indoor, walking routine using the *Walk At Home* video series with Leslie Sansone.
- Testimonies and tips from brothers and sisters in Christ who have improved their health.
- Declarations and prayers to speak scriptural promises of God over your health.

Whether you are looking to get in shape, lose weight, or just be more active, this class can be adapted to all levels of fitness.

MEETS:

5 pm, Thursdays
starting April 25, 2024

SIGN UP TODAY!

Scan QR Code on this flyer to sign up on the Church Center App.

Or look for the sign up sheet at the church.

@ Highlands Church of the
Cumberlands
Led by Angie Robbins

Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.

1 Corinthians 6:19-20

