

SPIRITUAL EMPOWERMENT FITNESS BOOTCAMP

Sponsored by *GoodLife Fitness*

Cardio
Drills! More!

Decide to make your lifestyle change today!

Join fitness instructor Sidney West* in the
OUTDOOR FITNESS BOOT CAMP

WHEN: April 30 – OCTOBER 1, 2010

Monday, Wednesday, Friday (some Saturdays)

TIME: 7:30pm – 8:35pm

WHERE: Rhoades Park

1818 West Broad Street, Columbus, Ohio

Nutritional
Meal Plans
Available!

Cost: LOVE OFFERING!

Give an offering after each class. Participants MUST be at the Camp orientation on April 30, otherwise you will not be able to participate. Space is limited so register early. Restrictions apply.

Register Online

<http://www.bodybysid.com>

Call 614-286-9726 for more information

Give as the
Spirit leads you
based on the value
of each class

*Certified Boot Camp Instructor. Location subject to change. Doctor's permission slip required for NEW Campers to participate -NO EXCEPTIONS. Participant must be able to do 10 pushups, jog 1 lap on track. Ages 16 and up. Participant must be committed and dedicated. I want to make exercise available and affordable to ALL. I guarantee you will reap the benefits of exercise; become healthier and happier.

*Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own, you were bought at a price. Therefore honor God with your body. (1 Corinthians 6:19 NIV).
Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. (3 John 2)*