

**For  
women  
15 to 70**

Each session includes:

- Prayer & Scripture Verse
- Fat Loss Fact—*how to enjoy a healthy lifestyle & keep the weight off*
- Featured Food—*what TO eat rather than what NOT to eat*
- Fun Workout—*cardio & functional strength training for all fitness levels*
- Weekly Optional Weigh Ins—*measure your progress privately*

## Totally Fit

A 12 week Health and Weight Loss Program for Spirit, Soul and Body!

**When:** Tuesdays, 6:00–7:15 pm @ WABC

**Intro:** January 19 *(come see if this is for you)*

**Cost:** \$60.00

**Led by:** Carol Darlington, a certified group fitness instructor & a certified personal trainer

**Register:** Sign up on the bulletin board

*(You may attend the introduction session before committing to the full 12 weeks)*

Join other ladies as we look to the Lord who empowers us to overcome our flesh and enjoy health and fitness that will last a lifetime!

**Invite your friends!**

