

A NEW

A CHRIST CENTERED APPROACH TO WELLNESS

ANEW motivates women with exercise, lifestyle education, and spiritual fellowship finding strength in Christ to improve their everyday health.

ENROLLMENT DATES

From now through August 26

COST

Free

REGISTRATION & CONTACT

Email Kiley Tyler kjtosu@gmail.com

DO NOT BE CONFORMED TO THIS WORLD, BUT BE TRANSFORMED BY THE RENEWAL OF YOUR MIND, THAT BY TESTING YOU MAY DISCERN WHAT IS THE WILL OF GOD, WHAT IS GOOD, ACCEPTABLE AND PERFECT. ROMANS 12:2

GROUP EXERCISE sessions

Wednesdays 7pm
MIND, BODY MAT CLASS
90 MINUTES (SOULCORE)

Saturdays 8:30am
AEROBIC & STRENGTH
CIRCUIT CLASS 60 MINUTES

SPIRITUAL GROWTH sessions

Thursdays
ADORATION

Wednesdays
CONFESSION

EDUCATIONAL sessions

Last Monday
OF EACH MONTH @ 7PM

EDUCATIONAL sessions

Last Monday
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AUGUST 26TH
PROGRAM COMMITMENT AND
PERSONAL WELLNESS
MEASURES

SEPTEMBER 23RD

OCTOBER 28TH

NOVEMBER 18TH

DECEMBER 30TH


JANUARY 27TH

FEBRUARY 24TH

MARCH 30TH

APRIL 27TH

MAY EVENT: WALK TO MARY



Improve your spiritual, physical and psychological health in fellowship with fellow women in Christ. ANEW motivates women with exercise, lifestyle education, and spiritual fellowship *finding strength in Christ* to improve their everyday health.