

“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.” (1Cor. 6:19-20)

A purpose driven spirituality, nutrition and fitness program

“FREE FITNESS CLASSES”

2 Classes Per Week -

Monday & Thursday @ 6:30 PM

Starting on Monday, December 28, 2020

Donna Jones, Health Coach

Virtual (16) Classes via ZOOM

Member ID: 724 190 3856

For “PASSCODE” ..Please “TEXT”: (678)- 362-1271

