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Scripture Passages; 1 Corinth 6:19-20, 1 Corinth 3:16-17, Romans 12:1-2, Mark 12:30-31

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PUMP AND PRAISE®

WINTER AND SPRING SCHEDULE 2010

Pump and Praise® is a FUN, Functional, Encouraging, and FREE Circuit Training Fitness Class to build cardiovascular fitness and endurance, muscular strength and power, and improved balance and stability that can be tweaked for ALL Ages. We meet 3 mornings a week in the Sunnybrook Community Church gym. Everyone is WELCOME!! Make 2010 the Year of Transformation for your Body, Mind and Spirit!!

Mission: To daily offer God my whole self (body, mind and spirit) as a "living sacrifice," a temple (your body) that is holy and pleasing to God. We do this daily to be the hands and feet of Jesus to my family, within the Body of Christ, my workplace, the Siouxland Community, and the world!!

PUMP & PRAISE® WINTER AND SPRING SCHEDULE 2010

Tuesday 5:30 a.m. Thursday 5:30 a.m. Saturday 8:00 a.m.

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|----------------------------------|------------------------|---------------------------------|
| Jan 5 th | Jan 7 th | Jan 9 th |
| Jan 12 th | Jan 14 th | Jan 16 th |
| Jan 19 th | Jan 21 st | Jan 23 rd |
| Jan 26 th | Jan 28 th | Jan 30 th |
| Feb 2 nd | Feb 4 th | Feb 6 th |
| Feb 9 th | Feb 11 th | Feb 13 th |
| Feb 16 th | Feb 18 th | Feb 20 th |
| Feb 23 rd | Feb 25 th | Feb 27 th —No Class |
| March 2 nd | March 4 th | March 6 th |
| March 9 th | March 11 th | March 13 th |
| March 16 th | March 18 th | March 20 th |
| March 23 rd | March 25 th | March 27 th |
| March 30 th | April 1 st | April 3 rd —No Class |
| April 6 th | April 8 th | April 10 th |
| April 13 th | April 15 th | April 17 th |
| April 20 th —No Class | April 22 nd | April 24 th |
| April 27 th | April 29 th | May 1 st |

All sessions are 45 minutes. This class is FREE, and Everyone is Welcome!!

Pump and Praise® is part of the Sunnybrook WELLness Ministry --Visit our Wellness Ministry Blog at <http://3dwellness4life.blogspot.com> or the 3dwellness4life Group on Facebook.