

**Healthy Body.  
Healthy Mind.**



# Fit & Faithful

## Free Exercise Classes

**Day:** Tuesday's  
May 12 – 26, 2015

**Time:**  
7:00pm – 8:00pm

**Location:**  
Cornerstone Christian  
Fellowship  
4663 Kirby Avenue  
Cincinnati, OH 45223  
(513) 276-5871

**Price: FREE**

### Join Us

Join our **Tuesday Night** Exercise Class Sessions.

### Session Includes

45 Minutes of Cardio Mix Total Body Fitness

15 Minute Healthy Body & Mind Information Session

### What to Bring

- Towel
- Hand Weights
- Water Bottle
- Workout Clothing
- Exercise Mat
- **A GREAT ATTITUDE!**