

Cardio Worship

**Christian Dance
Fitness Class**

Cost: Free!

Worship while you work out. Move along to high-energy music with faith-filled lyrics in a variety of styles. This full-body cardio workout also incorporates muscle toning and flexibility into one power-packed hour. Class ends with a brief Scripture reading, sharing time and prayer.

Class schedule:

The Assembly of Christians

3619 Sterns Rd, Lambertville, MI

- **Tuesdays, 5:30 pm**
- **Thursdays, 5:30 pm**
- **Saturdays, 10 am**



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Children are welcome to participate! Ages 11 and under must be accompanied by an adult.