

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 devotional/sharing time and prayer.

Tuesdays, 6:30 pm — Church of the Cross

1750 Eastgate Rd, Toledo, OH

Tuesdays, 6:30 pm — Central Academy of Ohio

2727 Kenwood Blvd, Toledo, OH

Thursdays, 5:30 pm — Assembly of Christians

3619 Sterns Rd, Lambertville, MI

Thursdays, 6:30 pm — Central Academy of Ohio

2727 Kenwood Blvd, Toledo, OH

Saturdays, 10 am — Assembly of Christians

3619 Sterns Rd, Lambertville, MI



cardioworshiptoledo@gmail.com
assemblyofchristians.com/cardioworship

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