

Reaching Forward Faith & Fitness

FREE Classes Held at Bay City WPC

Instructor: Cheryl Sequin, CPI
For more information: 832-466-4831

- Instruction in PraiseMoves Regular, PraiseMoves Prenatal, PraiseMoves Postnatal
- All Fitness Levels Welcome

FUN FAITH FITNESS

Classes held every other Friday from 2-3 PM at WPC:
Beginning August 9

August 23

September 6

September 20

October 4

October 18

Children are a
heritage from
the Lord.
Ps. 127:3

Bring your exercise mat if you have one. Some mats will be provided.

Sign Up and Complete Waiver Form at WPC Prior to First Class, August 9.

All expectant students must be cleared for exercise by their healthcare provider before starting class, and are required to complete a PARmed-x Pregnancy form - Physical Activity Readiness Medical Screening.

<http://www.csep.ca/cmfiles/publications/parq/parked-xpreg.pdf>

PraiseMoves®

