

GROW Fitness Fair

GROW (God Renewing Our Women) is planning a Fitness Fair for the women of St. Paul's.

Date: February 24, 2012
Time: 6:30 - 9:30 p.m.
Location: St. Paul's Lutheran School
Cost: Free

There will be numerous sessions to attend including line dancing, low impact aerobics, meal planning/general nutrition talk, yoga and zumba classes. These will all be participatory sessions and you can attend any or all of the sessions. Also, throughout the evening, blood pressure screenings and snacks will be available.

This promises to be a fun and educational evening, so find a friend or two and plan to join us!! There is no cost, but we are still asking people to sign up so that we can plan appropriately for space and food.

Sign ups will be on Sundays, February 5, 12, and 19 in the cafeteria during coffee hour. You may also fill out the form below and place in the offering plate, give to the church office or Lynda Koeppen or Kay Clendenin. If you have questions, please feel free to contact Lynda at 932-1545 or lykoeppen@comcast.net or Kay at 933-3083 or clendenin71@live.com.

_____ Yes, I want to come to the Fitness Fair!

_____ # of people attending

Names of People Attending:

E-mail Addresses:

Your Phone #: _____

Please return this form no later than February 19th!!