

Have you ever said...

**Free  
Fitness  
Program!!!**

I'm so out of shape...  
I'd like to get stronger...  
I really need to lose some weight...  
I don't have anybody to exercise with...  
I need to do some strength work to be a faster runner...

Then... the Lake Orion United Methodist Church's  
**NEW FITNESS CLUB** is for you!!!

Join the **FITNESS FELLOWSHIP**

on Tuesdays

**Indoor Walking: 8:30 – 9:00 AM**

**Strength Training & Stretching: 9:00 – 10:00 AM**

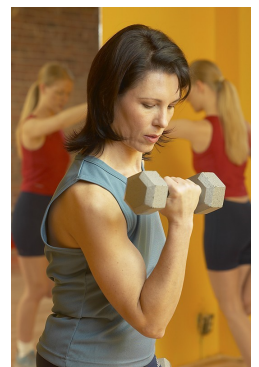
Workouts appropriate for all fitness levels!

All are also welcome to join the 10 AM Bible Study immediately following.



**Great Reasons to join...**

To get in better condition  
Because your friend is joining  
To run faster at your next race  
Because you can't afford to join a gym  
Because you are tired of exercising alone  
To lose that extra weight you gained over the holidays



What will I need? - Bring a water bottle and a beach towel or yoga mat with you. You will also need indoor tennis shoes and comfortable clothes that allow you to move about easily. Leave your outdoor shoes at the Slater Street entrance of the church and join us in room 203 at 8:30 am for walking or 9 am for strength conditioning and stretching.