



**BODY BY GWEN PRESENTS:
FITNESS IN THE SANCTUARY**

BEGIN TAKING CARE OF THE MOST IMPORTANT PERSON
“YOU”

BBG FITNESS IN THE SANCTUARY WILL HELP YOU:

GAIN MUSCLE STRENGTH

FLEXIBILITY & ABDOMINAL STRENGTH

BUILD CONFIDENCE WHILE MAKING NEW FRIENDS

FYI...Corporate prayer before and after class is protocol.

BBG ALSO PROVIDES

Food Plans, Personal Training & Motivational Seminars

CLASS SCHEDULE

DAYS: MONDAY & WEDNESDAY 6 - 7 PM
FRIDAY 6 - 7 AM

FEE

\$125 PER MONTH (8 SESSIONS)

\$160 PER MONTH (12 SESSIONS)

\$20 PER CLASS

LOCATION

New Life Christian Center
2600 S. La Brea Avenue, Los Angeles, CA 90016
(On the corner of Adams & La Brea)

**PLEASE CALL: GWEN (310) 930-5875
WWW.BODYBYGWEN.NET**