

Whether you are just starting to exercise or you just want to try something different, this class is for you.



REVELATION FITNESS®

JOIN US FOR A DIFFERENT KIND OF WORKOUT.

Join us as we build community
in fun, worship, health and wholeness!

When: Mondays and Wednesdays

Time: 6:00 pm

Where: 525 Lake Concord Rd NE, All Saints Episcopal Church,
Concord

Bring: A water bottle and a mat (mats are available if needed)

Who: Ages 10 and up, All fitness levels

No Cost: Donations for the Grace Lutheran Church Health Ministry accepted

Led by Revelation Wellness® Certified Instructors:
Stephanie Flowe and Rebecca Hoover

 REVELATION WELLNESS® INSTRUCTOR

 REVELATION WELLNESS

We combine tabata/drum stick cardio and stretching with the Word of God to create an atmosphere of acceptance and community, moving our bodies in joy, not in perfection.

It is our "GET TO" and it's about so much MORE!!!