

first place 4health

discover a new way to healthy living



Bible-based Balanced Living Program

New Session Starting January 12, 2012

Thursdays, 7:15-8:30pm

First Lutheran Church

(Southbound Rt. 4 at Junction of Rts. 2 & 4)

*For questions and to order materials contact
Shawn Maassel Via [EMAIL](#) or 410-257-3030*

body & soul[®] FITNESS

where faith and fitness meet
Cardio & Strength Training Classes

***Brand New Session Starts
January 9, 2012!***

Mondays/Thursdays 6-7pm

Tuesdays/Thursdays 9:15-10:15am

Babysitting available - please call ahead.

Cost (12-week session)

1x week \$50.00

2x week \$90.00

10% Age Discount (-16/+60)

*Bring a friend new to Body & Soul and both come for
half price!*

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