



ZUMBA® at
The Lord's Table

freedom from the
bondage of bad
eating habits



Tuesdays, 8:15 am
September 4 – November 27, 2012
Frank Brown Recreation Center

Cost: **FREE**

Are you eating it, or is it eating you?

Come explore a biblical approach to weight management that also includes a Zumba® session set to Christian and positive secular music. Free yourself from the bondage of bad eating habits AND burn massive calories!

The Lord's Table: A Biblical Approach to Weight Management is a 13 week (60 day) interactive course for those who seek freedom from the bondage of bad eating habits.

The Lord's Table workbook may be completed online/printed for free, or an optional spiral-bound workbook may be purchased.

Come dressed in workout gear and bring a towel, water, pen, workbook and/or note pad.

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