

Body 'n Soul
BOOT CAMP

The BODY part of our boot camp consists of a 45-minute high-intensity workout packed with cardio drills, body weight strengthening exercises, and balance and flexibility movements. Expect to get sweaty and fit!

Meet Your Trainer

Kathie James is an ACE certified personal trainer with eight years of experience. She has additional training in special needs and pre- and post-natal populations, and is a lifestyle and weight management consultant. She teaches Spinning, BodyPump, and BodyFlow classes.



what to BRING
yoga mat | towel
water | dry shirt

Class Details

Body 'n Soul Boot Camp meets Thursdays from Jan. 19–Feb. 23 at 9:15–10:45 a.m. at St. Peter's Church. Cost is \$10 per class or \$55 for the complete 6-week course. Payment is due at the start of each class. Childcare is available for an additional fee and must be arranged in advance.

After your workout, it's time to exercise your SOUL. Throughout the course, we'll devote 30–45 minutes on parenting questions, such as:

- What sort of parent does God want me to be?
- Am I parenting with God's goals in mind or my own?
- What does God see — and want to see — in my home?
- How can I be a blessing to my family?

We'll discuss your specific issues, questions and concerns as we seek to grow more fit as household managers in this new year .



Meet Your Teacher

Acton Beard is a Licensed Professional Counselor in the State of

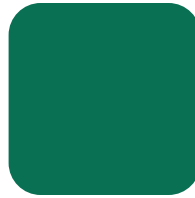


South Carolina with impeccable credentials. Though she uses a variety of theoretically-based therapy techniques, Acton is a devout Christian, who believes that Jesus is "the healer." If attitudes are right and committed efforts are made, healing of damaged emotions, relationships and lives can be achieved.



ST. PETER'S
church

...where Faith intersects Life



Do you not know that
your bodies are temples
of the Holy Spirit, who is
in you, whom you have
received from God? You
are not your own; you
were bought at a price.

Therefore honor God
with your bodies.

1 Corinthians 6:19–20

Contact Us to Learn More

St. Peter's Church

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