

You can do this!

Check out our parent programs online:
www.praisemoves.com
www.devotedfitness.com



*Meet the Instructors:
(front to back)
Wendy Olmeda,
Janet Miller,
Cynthia Thomas*



Join us for
PraiseMoves every
Monday & Wednesday
& Devoted Fitness
on Fridays

Religious Ed Center
9:30 – 10:45 am

BRING: Comfy clothes, sneakers,
water bottle, small towel, you
and *a friend!*



Transform your workouts into
worship with PraiseMoves® -
“The Christian Alternative to
Yoga” – on Mondays and
Wednesdays
and get dancing on Fridays– with
Devoted Fitness!



&



Devoted Fitness

*The time to get in shape is now,
the place to do it - Ft. Belvoir*

IT'S FREE!

WHAT COULD BE BETTER?
Free Watchcare onsite, too!

Group Fitness For Your Soul...

"Let them praise His name with dancing." Psalms 149:3

**Slide, Stomp, Jog, Kick,
Salsa, Twist, Shuffle,
Jump, and Shout your
way to a healthy body and
soul!**

(Burn an average of 650 calories
per workout!)

Join us on Fridays and learn fun
dances to a collection of favorite
Christian artists and positive music!
For more info, please contact our
Devoted Fitness Instructor Wendy:
matrix0427@aol.com

Join 3000+Devoted Fitness fans on
Facebook:
www.facebook.com/devotedfitness

If you're still wondering "how" ...

Our classes are geared to all fitness levels. If you would like to come early or stay later to address concerns, please contact Cynthia or Wendy. We can suggest modifications for you, but please, please speak to your doctor if you have serious physical concerns.

We meet in the Religious Education Center (next to the Main Post Chapel). Watch care is available onsite. Please wear comfortable clothing and sneakers, bring an exercise mat (if you have it) and water. **We follow Fairfax County Public School closures.**

Let's get started.

For more info, please call
Cynthia 704-499-3380

Find us on Facebook 

**Ft. Belvoir PraiseMoves
Fort Belvoir DevotedFitness**

Testimonial from one of our students, February 2014 -

"PraiseMoves is a yoga style class with an uplifting spiritual emphasis. Not only do I attend a great exercise class but, one that is filled with wonderful Christian women. Women that I put on the armor of God with, pray with and get fit with. PraiseMoves has not only made me physically stronger but, spiritually too. The reinforced scripture throughout class and the devotion at the end come to mind often throughout the day and week ahead in just the perfect times. My only regret is that I didn't join sooner!"

