



Athlete's for Christ Offers

# Women's Fitness Classes



Dance your way fit with Zumba & Devoted Fitness!

Devoted Fitness®

*Yes - Fitness Can Be Fun!* You'll have a blast getting fit while dancing to the popular Latin rhythms of Salsa, Merengue, Cumbia, Reggaeton, and More in Zumba class OR moving and grooving to popular contemporary Christian Music in Devoted Fitness! Check out all four classes to see which one is best for you!

**Join us for class at any of our convenient locations!**

**Bethany United Methodist Church**  
1208 Brookside Road, Wescosville, PA 18106

**Asbury United Methodist Church**  
1533 Springhouse Road, Allentown, PA 18104

Location/AM/PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bethany Church AM	9:15 am Zumba		9:15 am TONING		9:15 am Zumba	8:15am <b>**NEW**</b> <b>DEVOTED</b> <b>FITNESS CLASS</b> 9:30 am Zumba <i>(optional -you may bring weights for this class)</i>
Bethany Church PM	<b>**NEW**</b> 5:30 pm GOLD 6:30 pm TONING 7:30 pm Zumba	6 pm Zumba	<b>**NEW**</b> 5:30 pm GOLD	6 pm Zumba 7:15 pm TONING		
Asbury Church AM		9:00 am Zumba		9:00 am TONING		

Ask about our Pre-Pay Plans - Pre-Registration Rate is as low as \$4.00 per class!

Drop In Rate is \$7.00 per class.

All classes are one hour in length. Be sure to bring a water bottle and a small hand towel along.

Questions? Contact our Fitness Instructor Team at [zumba@athletesforchrist.net](mailto:zumba@athletesforchrist.net) or Kory at 610-391-0696

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