



# CHECKPOINTS TOTAL HEALTH

## Details:

- 45 minute workout – for ALL levels of fitness
- 30 minute Bible study, discussion, prayer time

This class will be held at the Grace Montessori activity center –  
4809 Grand Avenue.



WHAT DOES GOD  
SAY ABOUT  
EXERCISE,  
NUTRITION AND  
REST?

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WHO DOES GOD SAY  
THAT I AM?

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WHO OR WHAT WILL  
SATISFY ME? IS IT  
EVER ENOUGH?

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DO I MATTER? AM I  
LOVED? DO I  
MEASURE UP?

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LET'S TAKE A  
JOURNEY TOGETHER

## ONE FITNESS

5150 granite ridge circle  
(406) 861-2738  
onefitnessmt.com

## CLASS DETAILS

March 25<sup>th</sup> – May 1<sup>st</sup>  
Mon/Wed – 6:00-7:15 pm  
12 sessions for \$180