

# FAITH & FITNESS

## MAGAZINE

faithandfitness.net



FREE TAKE ONE



FEBRUARY/MARCH 2015

**NEW! INCLUDES TWIN CITIES EDITION**

- ◆ Hardcore Burnsville Gym Defines **RELENTLESS**
- ◆ A Woman's Perspective On Endurance

### **CG VICTORY**

**YOUTH ADVENTURE CAMP**

Founders Ally & Jeff Davidson  
aren't kidding around.

# **Intense, Intents!**

**Go Hard - with great purpose +**

**GOD'S GREAT  
SPICE RACK**  
INTENSE HEAT,  
FLAVOR  
AND HEALTH.



**MEN'S  
INTEREST**  
MATT EVANS'  
SURPRISING  
REWARDS



**RELAX...  
NATURALLY**

**Faith  
& d**



*Strengthening  
our fitness  
community for  
Christ-centered  
impact and living.*

**+** Our NEW **Intense, Intents!** Training Department section is  
for bootcampers, Cross Fitters, endurance junkies, survivalists, and  
anyone else who wants to go harder, faster, longer and outwork their workout.