

FREE Take One

FAITH & FITNESS

MAGAZINE
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CULTURE

blab Body, Mind, Spirit

Moving Beyond Faith-Based Fitness

ONLINE TRAINING

Truly Personal And Spiritually Dynamic

GROUP EXERCISE CLASSES

That Make You Rethink Church

COMMUNITY GARDENING WITH GOD

Creating The Plot For True Community

facebook **f**itness?
Exercise Your Social Life!

50+

SMALL GROUP TRAINING AND THE BOOMER
A Match Made In Heaven?



Photo of Cain Wayne family shot exclusively for Faith & Fitness Magazine by Golden Czerniak at FurlowPhoto