

## Spa & Retreat

winter getaways  
to rejuvenate  
body and spirit

**I Double Dare You**  
A workout challenge to push  
both of you

don't just feel the burn

**radiate** #know  
the  
burn

## Holiday Nutrition

You can make healthier  
meals, snacks, appetizers,  
deserts and leftovers too!

## 2024 Go Hardcore

Core fitness in body AND spirit  
How to keep Christ at the center

November 2023-January 2024

