

## Special Strong

Adaptive Fitness - Abundant Life

TRAINING WITH  
**SPRING!**

9 KEYS TO  
MARKET YOUR  
LIFESTYLE  
MINISTRY

**INFLUENCE**

UNDER THE

#reflectGOD

INFLUENCE

**WITNESS**

Fitness for :

- Men
- Women
- Family
- Students
- 50+
- Church
- and more

February - April 2024

