



God cares about your fitness because your body is "the temple of the Holy Spirit." At the Youngsville YMCA starting Sunday, Feb 3 from 6pm-7:30 pm and the first Sunday of every month following, we will be focusing on our physical and spiritual strength. Cycle instructor Jody English will be leading a 45 min cycle workout followed with a cool down and devotional "The Body Tithe". You will learn new habits and master new weapons to protect yourself for the rest of your life. "The Body Tithe Devotional" offers victory regardless of your physical results. New insights into God's Word will guide you toward fitness, a healthy lifestyle and into a deeper more safe relationship with your Heavenly Father. The author of this devotional Matthew Pryor states...fitness is not just a health issue but a heart issue: Christians should be good stewards of physical health because our bodies are a temple of the Holy Spirit. (1 Corinthians 6:19)

If you are interested in learning about physical fitness God's way please contact the Youngsville YMCA and sign up for this class.