

Glorify God in your
body and your Spirit,
which are Gods.

Are you?

- **Spiritually void**
- **Stressed out**
- **No Energy**
- **Not working out**
- **Short of breath**
- **Fibromyalgia**
- **Arthritis Pain**
- **Heart Disease**
- **Diabetes**
- **Overweight**

**Flexercise may be
for you.**



**“The Body is
the Temple”**

1 Corinthians
3:16

*Strong Mind,
Strong Body,
Strong Spirit*



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Work-Out Worship and Pray



Vernon Henry, Creator & Founder

Flexercise is a combination of slow moving Stretching, Strengthening and Martial Arts Type Movements, with Breathing Techniques and Prayer .

Reduce Stress,

Increase Flexibility

Improve Core Strength

Improve Adominal Strength

START YOUR FITNESS MINISTRY!

Finally an alternative Group Fitness Program for Believers who want a Christian based Mind Body Spirit exercise experience. The gentle slow movements of Flexercise are for almost everyone.

Call to order our Home Training Package, then enroll in a one or two day training workshop. You can also order on line at www.flexercise.net

The Body is the Temple Of God

I Corinthians 6:19

Home Training Package
\$250.00

One Day Workshop
\$185.00

Two Day Workshop
\$350.00



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