

## ***3-D Workout: Exercising Mind, Body, & Spirit***

***3-D Workout*** is a CHRISTIAN, cross-training group exercise experience designed to increase cardiovascular fitness, muscles strength, and flexibility. Workouts include inspiring Christian music, scripture affirmations, and prayer. This class is appropriate for men and women (ages 16 and over) at a variety of fitness levels.

### **Instructor**

Rosa Jones, Nationally Certified Fitness Instructor

### **Dates**

Saturdays  
June 7-28

### **Time**

9:00-10:00 AM

### **Location**

The Dance Place, 30 West Main Street, Suite A, Christiansburg,  
VA (across from Old Town Mall and Macado's in old town  
Christiansburg)

**Cost:** \$5.00

**Bring:** Water, Towel or mat, and 3-10 lb hand weights (optional)

**Questions:** Contact Rosa @ 540.230.7178 or [rosajones@new-day-fitness.com](mailto:rosajones@new-day-fitness.com)

\* PLEASE NOTE: If you plan to attend for the first time, please email Rosa to complete a release form OR arrive to class 10 minutes early.\*

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