

The KBCI Fitness Facility is

NOW OPEN!!

Do you not know that your body is a temple of the Holy Spirit ...
Therefore honor God with your body

~ 1 Cor. 6:19-20

It's Time to Get Healthy!!



Hours of Operation:

Tuesday	6 PM – 9 PM
Thursday	6 PM – 9 PM
Saturday	10 AM – 2 PM

*FREE for March
Nominal Fee Required
Beginning in April*

***Nutrition
Counseling
*Aerobic & Basic
Training Classes
*Personal Training
& More.....**

For additional information contact Deacon Ezekiel Ancrum or Bro. James Pettis, Jr.