

# WOMEN OF ICL

## Winter melt-down



Christ centered thoughtful movement  
Expand your range of flexibility and strength  
Build your core body strength  
Soothing, worshipful music

...for in

*Him*

*Live*

we

*& Move*

...have our being. Acts 17:28

Jan. 13, 20, 27 Feb. 3, 10, Mar. 2, 9, 16, 23, 30 (10 classes)

Friday mornings 09.30-10.45, ICL building,

**sign-up with Susanne Hartkop 041 610 2410**

To bring: exercise matt, appropriate clothes

Cost: 175 sFr (a portion of the proceeds goes to mission projects of the ICL)