



where faith and fitness meet

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## CARDIO/STRENGTH FITNESS

Ongoing Classes  
Join Anytime

Tuesdays & Thursdays 8:00-9:15am  
at Foothills Church Gym  
2380 Merrychase Drive Cameron Park, CA

Men & Women of all ages & fitness levels welcome.  
Social distancing in effect.

To register go to:  
<https://www.bodyandsoul.org/classes>

For more info visit: [bodyandsoul.org](https://www.bodyandsoul.org)