

Grace & Strength

Ladies' Fitness and Faith Day

7th October 2023

9.15am-4.45pm

**At House of the Open Door,
Childswickham, WR12 7HH**

**Come and join us for a day of
Fitness, Faith, Food and Fun!**

Stretching

Dancemix Workout

Gentle Pilates

Ab blast workout

Led by Ibi, a member of HOD community.

**All fitness classes are optional and
Will aim to suit all abilities.**

**You will also have time to rest and
enjoy our beautiful Retreat Centre
and Gardens.**

More Info: "Grace and Strength" Ladies' Fitness and Faith Day – The House of the Open Door Community

Recommended donation for the day: £35 pp

(Includes all classes and refreshments - please, bring your own lunch)

Contact us on: hod@houseoftheopendoor.org

Or (0)1386 852084

