

# *Faithfully Fit Conference*

## *Friday/Saturday Conference Schedule*

### FRIDAY

5:30-9:30

**Certification Review and Testing**

**SATURDAY / Registration begins at 7:30**

8:00 - 9:30

**Step Party Aerobic Workout presented by owner Donna Clemons**

Put the "party" back into your step classes! Come join this high-intensity, energetic aerobic workout involving stepping on and off a platform from every direction while exercising to the latest Faithfullyfit! music release "Step Party". A great fat-burning workout using current innovative choreography!

9:30-9:45

**Snack Break – Shop Faithfullyfit! Store**

9:45 – 10:45

**Inspirational Message by: Owner Donna Clemons on Successful Aerobic Ministry Outreach**

Want to recruit new participants, keep them motivated and coming back again and again? Come learn from the owner of Faithfullyfit!, Donna, as she shares the valuable insights she has learned over the past 17 years, from owning her own successful aerobic studio to helping churches revamp their fitness programs. In addition, Donna has spent the past two years studying and gathering scientific research on determining the number one factor that makes an aerobic ministry successful...you may be surprised!

10:45 – 12:15

**Boot Camp Workout presented by: National Trainer Rebekah Hopkins / Tish Gulick**

**Chix-in-training**

Learn how to design an effective and innovative boot camp class from the owners of Chix in Training and founders of the "Boot camp, chix in training" DVD series. Whether your clients are training for a marathon or just looking to shed a few pounds, this workout is designed to boost all categories of fitness. Share the joy of moving your body with a thankful heart for the masterpiece God has made us!

12:15 – 1:00

**Sack Lunch – Shop Faithfullyfit! Store**

1:00 – 2:00

**Inspirational Message by: Faithfullyfit Trainer Dr. Nancy "Beauty and the Beast"**

Dr. Nancy Selvidge will share life changing information on why hidden toxins are making you and your clients sick, tired, and depressed. Excerpts will be taken from her most recent best selling booklet, "Skin care in a Toxic World" which identifies 14 simple solutions she has used to help heal and bring her patients back to youth and vitality and turn the beast into beauty!

2:00- 2:15

**Snack Break- Shop Faithfullyfit! Store**

2:15-3:15

**"Yo-Gal" Inspirational Stretching by owner Donna, Dr. Nancy, & National Trainer Julia Boyd**

This class integrates scripture and personal testimony with strength and stretch moves that will help relieve stress and give your body a longer, leaner look. Come honor God with your body through this Christ-centered approach to physical and spiritual fitness and well-being. Get ready to be "moved"!

3:15-3:30

**Snack Break - Shop Faithfullyfit! Store**

3:30-4:15

**Inspirational Personal Testimony by: Autism Awareness Faithfullyfit Trainer Julia Boyd**

After her second child was born, Julia was diagnosed with fibromyalgia. A year later her son, Jacob, received the diagnosis of autism. God revealed to her that wellness and fitness were her new found hope and focus. Through Faithfullyfit!, the Lord restored music and dance to Julia through the Hip Hop to the Top project presented at Megafest and The Potter's House Vacation Bible School. It is Julia's passion to help others recognize the blessings in all situations and circumstances by sharing a song inspired by Jacob called "I Am The Child You Love". Supported by her husband Bill and her daughter Jackie, she believes she is called to speak on behalf of her family's journey of faith through fitness.

4:15

**Closing and DOOR PRIZES! Grand Prize includes Conference DVD Sets of all Lectures / Workouts**

**Must be present to win!!!**