



To All Those Who Would Like to Increase Their Physical Health Focus:

Our own Rev. Marcus Pernel is a certified CrossFit trainer and coach who loves fitness and how it relates to connecting with God, others, and self. Marcus is offering his time this summer to help those at FBC (and beyond!) the opportunity to improve their own health and fitness.

MOVE IT MONDAYS

- Begins Monday, June 1
- 2:00 – 3:00 pm, via Facebook Live on our FBC Facebook Page
- Each session will include a brief devotion, warm-up stretching, a workout with little to no equipment, and cool-down stretching.

MOBILITY THURSDAYS

- Begins Thursday, June 4
- 10:00 – 10:30 am, via Facebook Live on our FBC Facebook Page
- Each session will focus on physical mobility and loosening muscles and joints. There will be stretching variations based upon different physical needs of individuals.

WHAT SHOULD YOU DO?

- First, give it a try. Because Facebook Live videos record, you can do them at your convenience by visiting the "VIDEOS" section on our page.
- Second, give it a second try. If something is too hard or advanced, you may always modify it.
- Third, keep trying. If you have any questions or need help modifying things for your fitness level, contact Marcus at mpernel@fbcfrankfort.church.