



# Your Faith-Centered Fitness Partner

CrossTrain Fitness would like to become a **WELLNESS PARTNER** for your church, developing a faith-centered fitness program to meet the unique needs of your community.

Each church is a little different. Some may want our help to do BIG things such as exercise classes, bible study programs geared toward wellness and weight loss, or possibly even a “wellness center” inside the walls of the church! Other churches may only have the space and budget to run bible study or support groups in their church.

CrossTrain Fitness offers an ever-changing, pre-planned exercise program with hundreds of options that can be individualized as your group members progress, and as your budget allows for new equipment. We will provide the training, support, and encouragement that your members and staff need to reach their weight loss or wellness goals.

*All for the glory of Christ.*

## CrossTrain Fitness capabilities

- An overall resource for wellness
- Ongoing education/support to members and staff
- Training for instructors/leaders
- Leader Guide complete with discussion questions, prayers, devotions and more!
- Use of the CrossTrain materials and resources
- Marketing materials
- Unique and proven program
- Online support for participants, including: e-books, online videos, downloadable tools, recipes, blogs, education, nutrition support, online support groups, exercise instruction, and one-on-one attention
- Discount on equipment from approved partners

## Why choose fitness ministry for your church?

### Small groups offer:

*Encouragement* – to make positive change.

*Prayer* – for each other, and in thanksgiving for their health and progress on the journey.

*Fellowship* – contributing to that sense of belonging we all desire.

*Accountability* – holding participants accountable in a loving and accepting way – both spiritually and physically – to help them reach their goals.

*Commitment* – **REV** is not an easy journey. When the entire group commits to the “plan,” it becomes easier for everyone to stay committed!



## Basic exercise classes

CrossTrain Fitness offers basic classes such as **toning** and **stretching**, with variations available for **seniors**. These options are great for churches that want a simpler exercise program. You’ll still receive exercise formats to follow, bible study modules, as well as the CrossTrain Total Health Program curriculum.



# Take your program to a higher level!

**REV** includes all the elements of the Total Health Program, but adds intense exercise to the mix. If your church is ready to offer a high-quality, results-oriented and unique experience, then REV is for you!

REV participants meet 3-5 days per week for their exercise portion of the program, led by an instructor who has a love of fitness and the high energy necessary to offer fun, encouraging and *safe* classes. CrossTrain provides the basic training needed to teach our recommended exercises, but it's important that the church pick a program leader with some knowledge and comfort with exercise.

- 8-week sessions
  - Groups meet 3-5 days per week
  - 40 minutes for exercise classes
  - Once a week for "class" component
- Leader Guide provided
- Includes multiple, ongoing custom-designed exercise formats, as well as training videos
- Ongoing instruction and support provided by CrossTrain
- Online videos and e-book access

## Choose from **TWO REV** options

Your program will likely depend on space and budget.

*Level 1: No Equipment Necessary* – if you're on a limited budget, you can run CrossTrain's **REV** program with no equipment! All you need is a room and a leader!



*Level 2: Basic Equipment Necessary* – if you have a little money in the budget, or willing to charge a nominal fee for the exercise classes, you can run the **REV** program on very basic equipment. We recommend a set of dumbbells and a band for each participant to run our "equipment-based" **REV** program.

*Level 3: Advanced* – We can create individualized formats just for you as your budget allows for additional equipment.

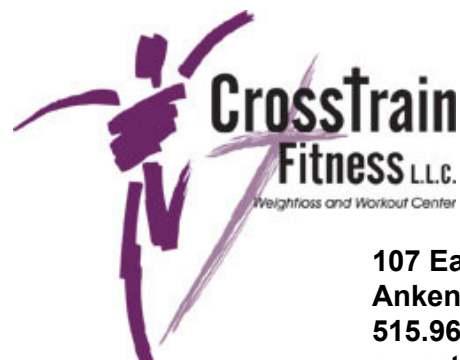
## **CrossTrain Total Health Program**

The Total Health Program is set up like a bible study, with a workbook that covers a wide range of topics meant to help participants live a balanced and Christ-centered life. Probing questions allow participants to explore their lives as it relates to the topics in each chapter, and foster great group discussion within the comfort of a small group setting. As we know...God shows up when "two or more are gathered in His name."

- Groups meet once a week, for 60-90 minutes, for 8-10 weeks
- A "group leader" is assigned by the church to facilitate the group
- Leaders Guide provided
- Online video series available. Participants can watch the videos on their own, incorporate them into class time, or make up for missed sessions

## Or, let CrossTrain create a program just for you!

CrossTrain Fitness can customize its programs to meet your needs, creating a Christian alternative to keep your members fit, prayerful and engaged.



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