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She is *fearless*
PROVERBS 31:25
She is *enough*
PSALM 46:1

FITNESS

BOOT CAMP

HITT TRAINING

CUSTOMIZED MEAL PLAN

GOSPEL WORKOUTS



YOUTH FITNESS

ADULT FITNESS

ONE ON ONE

LINE DANCING

DOES YOUR SCHOOL, ORGANIZATION, CHURCH, WORKPLACE OR BRIDAL PARTY NEED A FITNESS PROGRAM?

SERVICES

(ALL AGES/ COUPLES/BUDDIES/INDIVIDUAL)
VIRTUAL & ONSITE

356TTF@GMAIL.COM

PROVERBS 3:5-6
FAITH & FITNESS

SORENA MAYNARD
CONTACT: 937-303-5515
SM356TTF.ISSACERTIFIEDTRAINER.COM