

Envision A New Thing

Isaiah 43:18-19 ▪ 1 John 2:7-8

ALLEN TEMPLE BAPTIST CHURCH



**The Body Is the Temple of the Holy Spirit
(1 Corinthians 6:19-20)**

Body & Spirit Exercise and Wellness Program

Classes are held every Monday

In the Family Life Center Gymnasium

6:30PM to 7:30PM

Your Cost: Dedication, Time, and Commitment

**For More Information: Please Contact Cheryl @ 510-928-1557 or
Email: athletic@allen-temple.org**

For more ministry information visit: www.allen-temple.org/community-care/athletic-ministry

Commit to Living a Healthier Lifestyle!

"Live Well, Be Well"

ALLEN TEMPLE BAPTIST CHURCH

8501 International Boulevard ▪ Oakland, California 94621 ▪ (510) 544-8910 ▪ www.allen-temple.org

Rev. Dr. J. Alfred Smith, Jr., Senior Pastor ▪ Rev. Dr. Jacqueline A. Thompson, Assistant Pastor ▪ Rev. Dr. J. Alfred Smith, Sr., Pastor Emeritus