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For Immediate Release

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Women: Workout for free at Vineyard Anthem

Anthem, Ariz. (Oct. 5, 2007) ... If the cost of working out is keeping you from joining an exercise group, the problem is solved: **Vineyard Church @ Anthem is offering a free workout class for women on Tuesday and Thursday mornings.** The 45-minute class meets at 5:45 a.m. Tuesdays and Thursdays at the church, 42105 N. 41st Drive, located two blocks behind The Hampton Inn.

The class consists of a **go-at-your-own pace circuit of exercises** that can be adapted for those beginning an exercise program or looking for a rigorous workout. "It's more fun and challenging to exercise together," said class leader Stephanie Cassity.

Participants are encouraged to **bring a mat and a set of three or five-pound weights**, and must sign a liability waiver before beginning the class. For more information, call Vineyard Church @ Anthem at 623.551.1133.