



Women's Workout and Worship SUMMER 2021

JUNE

June 5th
Pool Party workout
@Leah Clark's

June 12th
Summer Kick-off workout!
Welcome to Camp W3

June 19th
F6 and brunch at church with
a Father's Day card-making
party with Robyn Barnes!

June 26th afternoon W3
Roller Skating at Interskate
1-3 bring the family! \$11.91
plus skate rental

JULY

July 3rd
no W3-adventure with your
family!

July 10th
Paddleboarding and Kayaking
at Rockledge Park!

July 17th
Water Aerobics @
Melissa Kinney's

July 24th
F6 and brunch @ Black Walnut

July 31st
Watermelon workout

AUGUST

August "Walk and Pray" all month

August 7th
Ice cream and popsicles
workout

August 14th
Water Aerobics @Joy Beless's

August 21st
F6 and brunch @ My Cafe' in
Flower Mound

August 28th
Rise and Shine Brunch on the
Beach with Women's ministry!
Paddleboarding, Kayaking, and
end of summer fun @Rockledge
Park

September 4th: Fighting Autoimmunity 5K

September 11th: Fall Kick-off!

*Axe throwing @Corky's TBD but likely an evening event

More Juicy Info

