

Start a Rosary Workout Club!

The Rosary Workout™ is perfect for a club setting. A Rosary Workout Club can be a fun and exciting way to get fit and improve your spiritual life in a social, supportive environment.

Club objectives and goals are already mapped out, using The Rosary Workout™ as a guide. Each level of the program includes physical and spiritual goals that can become a topic for monthly meetings. Use the suggestions in the ebook to plan Bible studies, discussions on angels, Rosary art through the centuries, exercise science principles, nutrition for exercise, etc.

Workouts can be done individually or in groups, based on members' fitness levels. More experienced exercisers and Rosary devotees in the club can assist and mentor those who are struggling. Perhaps the club can choose a sports event or race such as a 5k run/walk and train for it together.

To receive a monetary incentive, simply establish a club with at least six members* and receive \$10 per member (max \$100) to fund your new club. The money can be used for meeting refreshments, advertising, club t-shirts, charity, or entry fees for a race so that your club members can set a common goal. Of course, feel free to use the money in any way the club agrees upon.

You may want to place an announcement in your parish bulletin to recruit new members. Here's a sample:

GET FIT and improve your spiritual life! Join the Sacred Heart Rosary Workout Club. For more information, contact John Doe at 555-5555 or johndoe@isp.com

*The fine print:

- Each member of the club must purchase The Rosary Workout™ ebook. (Members of a single household may purchase one ebook as a couple/family, but will only count as one member for the incentive payment.)
- The club president must email a list of members (6 or more), a club name and address to contact@rosaryworkout.com
- The incentive payment is a one-time payment to encourage club start-ups
- A check will be mailed to the club address after member purchases have been verified