



Helping women become wholehearted disciples of Jesus Christ by growing stronger in spirit, mind, and body.

WARRIOR FITCAMP

Hosted by Amy Smith

Author of *Get Fit On Purpose* - Speaker - Founder of CrossTrain180

A CHRIST-CENTERED EXPERIENCE

Warrior FitCamp is a Christ-centered women's ministry experience designed to help women know Jesus more deeply and grow stronger in spirit, mind, and body through biblical teaching, authentic encouragement, practical health coaching, and optional all-level fitness workouts with Jesus at the center.

Customized for churches, women's ministries, retreats, conferences, Christian organizations, outreaches, and special events.

EVENT OPTIONS

- ✓ Women's Ministry Events
- ✓ Retreats & Conferences
- ✓ Wellness Events
- ✓ Community Outreach Events
- ✓ Christian Leadership Events

WOMEN WILL EXPERIENCE

- ✓ Biblical encouragement rooted in God's Word
- ✓ Practical tools for everyday wellness
- ✓ Meaningful Christ-centered community
- ✓ Optional workout; beginner-friendly & Jesus-centered

Pastor Matthew Barnett

"I strongly endorse Amy and her fitness ministry. It's one of the most powerful things you could ever be a part of."

Los Angeles Dream Center

Let's Partner to Serve the Women in Your Church.

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WHAT IS A WARRIOR FITCAMP EVENT?



BIBLICAL TEACHING

Practical, powerful truth from God's Word to encourage and equip women for everyday life.

ENCOURAGEMENT & COMMUNITY

Authentic connection and Christ-centered encouragement that reminds women they are not walking alone.

OPTIONAL FITNESS EXPERIENCE

Fun, all-level fitness designed to help women honor God by growing stronger in every area.

WORSHIP & PRAYER

Time to worship, pray, and respond to the Lord together.

MINISTRY IN ACTION



Serving women at the Los Angeles Dream Center since 2018 through Christ-centered fitness, biblical encouragement, prayer, and discipleship.



Warrior FitCamp: Christ-centered fitness, encouragement & community for women of all ages and fitness levels.

MINISTRY PARTNERSHIPS



Dave & Ashley Willis
Hosts of The Naked Marriage Podcast



Pastor Matthew Barnett
Los Angeles Dream Center



Pastor Caroline Barnett
Los Angeles Dream Center

GROWING DISCIPLES. STRENGTHENING THE CHURCH.