



*Dancing Without Sin*<sup>®</sup>  
FITNESS



Perfect Body, No;  
Perfect Health, YES!

*Stephanie Brown*



*Stephanie Brown, CEO*

*Dancing Without Sin*®  
FITNESS

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Founded in 2015, **Dancing Without Sin Fitness** unites CEO and Founder Stephanie Brown's passion for her faith and her focus for her purpose - into one result driven fitness experience. The name itself is her mission. To bring those seeking a healthier life together through music that frees, uplifts and motivates. Her spiritually focused programs create a safe space to burn calories and create community.

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The DWS fitness experience is more than dancing! It's squats, lunges, floor exercises and more, all set to the tunes of Gospel, Christian Hip-Hop, Inspirational, Old School R&B and Afro beats. Her *No Christian Left Behind* mission allows everyone including those with standing disabilities or wheelchairs to get a workout that leaves them completely transformed!





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facebook



Instagram



 YouTube



# TOTAL TRANSFORMATION TONING WITH Steph

*What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.*

*1 Corinthians 6:19-20*

## CERTIFICATIONS

Certified Group Fitness Instructor  
 Certified Personal Trainer  
 CPR/AED Certified

## SPECIALIZING IN

- Women's Empowerments
- Corporate Events
- Youth Explosions
- Church Events
- Health/Wellness Fairs
- College Wellness Programs
- Birthday Parties
- Bridal Showers
- Senior Living
- School Events
- Fitness Concerts
- Sorority Events
- Military PT Events
- Prison Ministries
- One-On-One Toning
- Men Challenge Events
- Day Care Events
- Charity Fundraisers
- Apartment Community Events



## PARTNERSHIPS







# #MOVEPEOPLE

*The concept for #MovePeople originated out of the global CoronaVirus pandemic. Prior to the shut down, it was easy to access your local gyms, recreation centers and etc for your physical fitness needs. However once the world shut down, our bodies in many cases did the same thing. A lot of us were working from home, or those who are in key and essential industries, work never stopped; in fact, it increased in some cases. The importance of physical fitness, though once in the forefront of our brains, was quickly sent to the back burner.*

*And then the idea for #MovePeople came about.*

*The inspiration came from the idea of people still wanting to work out, but needing to find alternative methods. This virtual work out is also a way to interact with others, have accountability and remain motivated enough to get us through this historic time.*

## CAUSES

- Cape Fear Friends of the Cancer Center
- Lupus Foundation
- March of Dimes
- Light Up Fayetteville Pink





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 [dancingwithoutsin@gmail.com](mailto:dancingwithoutsin@gmail.com)