

Heart for the House Fitness

October–December 2025

Foundation Builder

\$16 / session

1 session per week

\$16/week → \$64/month

Cornerstone Builder

\$12 / session

2 sessions per week

\$24/week → \$96/month

Best Value

Kingdom Builder

\$10 / session

3 sessions per week

\$30/week → \$120/month

Every session contributes 100% to the Anaheim Church Building

A focused 3-month program blending weights and cardio, designed to help you burn fat, feel stronger, and look leaner. Held in a private boutique studio, each session offers an intimate environment open to all fitness levels, led by Freedomhouse coaches. More than a workout, it's a chance to connect in faith and fellowship while building both body and spirit.



Schedule

Mon • Wed • Fri

Morning: 5:00–6:00 AM

Evening: 5:00–6:00 PM



Location

3111 W. Lincoln Ave

Anaheim, CA 92801

