

## Volunteer Request Form



<b>MINISTRY NAME</b>	BODY AND SOUL FITNESS
<b>POSITION TITLE</b>	GENERAL ASSISTANT
<b>OVERSIGHT</b>	TIM FIELDER
<b>LOCATION</b>	BODY AND SOUL FITNESS GYM BERMONDSEY

<b><u>Ongoing</u></b>	<b><u>HOURS</u></b>	
From: ASAP	Monday	5.30PM- 8PM
<b><u>Project based</u></b>  Start:  Finish:	Tuesday	12.30PM-3PM
	Wednesday	
	Thursday	12.30PM- 3PM
	Friday	
	Saturday	
	Sunday	

**General Summary of Position**

You will assist a Missionary to serve and share Jesus with the members of LCM's own gym (Body and Soul Fitness). Sessions include a workout and a Bible study. Volunteers will not be required to participate in the physical aspect of the session but are welcome to if they desire.

**Tasks**

- Arriving before members to prepare for the session and pray.
- Overseeing or participating in the Physical training session.
- Being in the bible study at the end of the session.

