

ENTER THE CITY

SATURDAY, OCTOBER 3, 2026

12:00 PM - 3:00 PM CDT

IN PERSON

Nehemiah Coffee Co.
505 E. Lamar Blvd., Suite K100
Arlington, TX 76011

ONLINE

Private Zoom access provided to registered online attendees.

\$49 EARLY | \$69 REGULAR

10 early in person • 5 early online



SCAN TO REGISTER

wgfit.org/city-of-you-experience

Questions: dubgfitness@gmail.com

A PERSONAL INVITATION

IS THIS EXPERIENCE FOR YOU?

This experience is for you if you have ever wondered why your best intentions do not always become your lived response.

- You keep repeating patterns you genuinely want to change.
- Stress seems to reach your body before you can explain it.
- You have carried responsibility, pressure, or pain for too long.
- You want faith, emotional health, and physical wellness to work together.

The visible problem may not be the first problem.

Come learn how messages enter your City, how they are interpreted, and how the whole person responds.

**TO REBUILD THE CITY,
YOU MUST FIRST LEARN
HOW IT WORKS.**

WEIGHT & GLORY FITNESS PRESENTS

THE CITY OF YOU EXPERIENCE

SPIRIT. SOUL. BODY.

One interconnected living City.



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ARLINGTON + ONLINE

Discover what is governing your City.

THE FRAMEWORK

YOU ARE A LIVING CITY

You are more than a body. More than thoughts, emotions, habits, or circumstances. Within you is a living City: government, gates, messengers, defenses, resources, and infrastructure - all continually communicating.

EVERY PRESSURE

must enter somewhere.

EVERY MESSAGE

must be interpreted.

EVERY DECISION

sends instructions through the City.

**THE CITY OF YOU IS A WAY
OF SEEING THE WHOLE PERSON
AS ONE INTERCONNECTED
LIVING SYSTEM.**

HOW THE CITY IS ORDERED

ONE CITY. THREE REALMS.

1

THE UPPER REALM - SPIRIT

Communion with God, conscience, truth, purpose, and spiritual direction.

2

THE MIDDLE REALM - SOUL

Mind, will, and emotions - where messages are interpreted, beliefs exert influence, and decisions are made.

3

THE LOWER REALM - BODY

Senses, nervous and hormonal communication, movement, energy, habits, defenses, and biological response.

What enters through the body may influence the soul. What is believed within the soul may direct the body. Spiritual order - or resistance to it - can shape how the whole City responds.

**ARE YOUR THREE REALMS
WORKING TOGETHER?**

WHAT YOU WILL EXPERIENCE

RECOGNIZE. MAP. REBUILD.

- Follow how messages move through spirit, soul, and body.
- Meet the Seven Cities of Revelation as patterns of strength, vulnerability, and restoration.
- Recognize signs of damaged communication and repeated response.
- Begin mapping where restoration may need to start.

YOUR REGISTRATION INCLUDES

- Three-hour guided seminar
- City Assessment
- Guided personal Life Map exercise
- Participant workbook
- Foundational rebuilding framework

Personalized City assignments, transformation plans, custom programs, and coaching are available separately.

EVERY RESPONSE PASSES THROUGH THE CITY OF YOU.