





Central Baptist Church Fitness Calendar

February 2019

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|---|--|--|
|  | | | | | 1 9:00 TB/FB (Beth) 10:30 FF (Linda) | 2 8:30 Cardio Dance (Suzy) |
| 3 | 4 9:00 Turbo Kick (Allie) 10:30 FF (Beth) 6:00 M/I Core (Suzy) 6:00 Yoga (Julie) | 5 9:00 Mix It Up! 10:15 Yoga (Mary Nelle) 6:00 M/I Pump (Tina) 6:00 PIYO (Julie) | 6 9:00 Step/Core (Beth) 10:30 FF (Linda) | 7 9:00 TB (Tina) 10:15 Yoga (Gail) 6:00 TB (Suzy) 6:00 Barre (MN) | 8 9:00 CardioDance (Suzy) 10:30 FF (Beth) | 9 8:30 Yoga (Amy) |
| 10  | 11 9:00 Step/Sculpt (Allie) 10:30 FF (Beth) 6:00 Mix It Up~ (Suzy) 6:00 Yoga Amy) | 12 9:00 KB/Core (Allie) 10:15 Yoga (Gail) 6:00 M/I Core (Tina) 6:00 PIYO (Julie) | 13 9:00 Bosu/TB (Beth) 10:30 FF (Linda) | 14 9:00 CardioCircuit (Suzy) 10:15 Yoga(Gail) 6:00 BARRE (Julie) | 15 9:00 Bosu/TB (Suzy) 10:30 FF (Suzy) | 16 FLC Closed In House Retreat |
| 17 | 18 9:00 Step/Core (Allie) 10:30 FF (Beth) 6:00 Step/Sculpt (Allie) 6:00 Yoga Amy) | 19 9:00 TB (Tina) 10:15 Yoga (Gail) 6:00 M/I Core (Suzy) 6:00 PIYO (Julie) | 20 9:00 Step/KB (Tina) 10:30 FF (Allie) | 21 9:00 TB/FB (Suzy) 10:15 Yoga (Gail) 6:00 TB (Tina) 6:00 BARRE (MN) | 22 9:00 M/I Core (Beth) 10:30 FF (Suzy) | 23 8:30 TB (Mary Nelle) |
| 24  | 25 9:00 TB/Bosu (Allie) 10:30 FF (Beth) 6:00 M/I Core (Suzy) 6:00 Yoga Amy) | 26 9:00 Step/Core 10:15 Yoga (Mary Nelle) 6:00 Mix It Up! (Tina) 6:00 PIYO (Julie) | 27 9:00 TB (Tina) 10:30 FF (Tina) | 28 9:00 M/I Core (Allie) 10:15 Yoga(Gail) 6:00 TB (Suzy) 6:00 Barre (Mary Nelle) | | |
| | | | |  | | 5364 N.Broadway 688--1206 cbcfc.org Go to ministries: activities ministry choose calendar |