





*Central Baptist Church Fitness Calendar  
March 2019*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> 9:00 KB/TB (Beth) 10:30 Fun Fitness (Linda)	<b>2</b> 9:00 PiYo (Amy)
<b>3</b>	<b>4</b> 9:00 Turbokick (Allie) 10:30 Fun Fitness (Suzy) 6:00 KB/Core (Tina) 6:00 Yoga (Amy)	<b>5</b> 9:00 MI Pump (MN) 10:15 Yoga (MN) 6:00 TB/FB(Allie) 6:00 PiYo (Vicky)	<b>6</b> 9:00 Step/Core (Beth) 10:30 Fun Fitness (Linda)	<b>7</b> 9:00 KB/TB (Allie) 10:15 PiYo (Gail) 6:00 TB (Suzy) 6:00 Barre (MN)	<b>8</b> 9:00 Cardio Dance (Suzy) 10:30 Fun Fitness (Linda)	<b>9</b> 9:00 Yoga (Amy)
<b>10</b>	<b>11</b> 9:00 KB/TB (Allie) 10:30 Fun Fitness (Linda) 6:00 Cardio Dance (Suzy) 6:00 Yoga (Amy)	<b>12</b> 9:00 Step/KB (MN) 10:15 Yoga (MN) 6:00 TB/Bosu (Allie) 6:00 PiYo (Julie)	<b>13</b> 9:00 Mix It Up! (Tina) 10:30 Fun Fitness (Tina)	<b>14</b> 9:00 Step/Core (Allie) 10:15 Yoga (Gail) 6:00 TB (Tina) 6:00 Barre (Julie)	<b>15</b> 9:00 TB/Bosu (Beth) 10:30 Fun Fitness (Lindsey)	<b>16</b> 9:00 Piyo (Julie)
<b>17</b>	<b>18</b> 9:00 Step/KB/Core (Allie) 10:30 Fun Fitness (Meredith) 6:00 MI Core (Suzy) 6:00 Yoga (Amy)	<b>19</b> 9:00 TB (MN) 10:15 Yoga (MN) 6:00 KB/TB (Tina) 6:00 Yoga (Julie)	<b>20</b> 9:00 Step/Core (Beth) 10:30 Fun Fitness (Allie)	<b>21</b> 9:00 Mix It Up! (Beth) 10:15 PiYo(Gail) 6:00 TB (Lindsey) 6:00 Barre (MN)	<b>22</b> 9:00 Cardio Dance (Suzy) 10:30 Fun Fitness (Beth)	<b>23</b> 9:00 Barre (MN)
<b>24</b>		<b>25</b> 9:00 Bosu/TB (Allie) 10:30 Fun Fitness (Meredith) 6:00 Bosu/TB (Suzy) 6:00 Yoga (Amy)	<b>26</b> 9:00 Step/KB/Core (MN) 10:15 Yoga (MN) 6:00 KB/Core (Tina) 6:00 Yoga (Vicky)	<b>27</b> 9:00 TB/FB (Beth) 10:30 Fun Fitness (Lindsey)	<b>28</b> 9:00 Cardio Circuits (Suzy) 10:15 Yoga (Gail) 6:00 TB (Lindsey) 6:00 Barre (Julie)	<b>29</b> 9:00 Step/Sculpt (Allie) 10:30 Fun Fitness (Linda)
<b>31</b>						5364 N.Broadway 688--1206 cbcf.org Go to ministries: activities ministry choose calendar