





# Central Baptist Church Fitness Calendar

## May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 9:00 Bosu Core (Beth) 10:30 Fun Fitness (Meredith)	<b>2</b> 9:00 MI PUMP (Allie) 10:15 PiYo (Vicky) 6:00 TB (Tina) 6:00 PiYo (Julie)	<b>3</b> 9:00 Step/Core (Allie) 10:30 Fun Fitness (Linda)	<b>4</b> 9:00 Yoga (Vicky)
<b>5</b>	<b>6</b> 9:00 Mix It Up! (Allie) 10:30 Fun Fitness (Linda) 6:00 Cardio Circuit (Suz) 6:00 Yoga (Amy)	<b>7</b> 9:00 Step/Core (MN) 10:15 Yoga (MN) 6:00 TB/FB(Tina) 6:00 PiYo (Vicky)	<b>8</b> 9:00 TB/FB (Beth) 10:30 Fun Fitness (Meredith)	<b>9</b> 9:00 Step/KB/Core (Beth) 10:15 Yoga (Gail) 6:00 TB/FB (Lindsay) 6:00 Barre (MN)	<b>10</b> 9:00 MI PUMP (Suzy) 10:30 Fun Fitness (Linda)	<b>11</b> 9:00 Yoga (Amy)
	<b>12</b> <b>13</b> 9:00 Turbokick (Allie) 10:30 Fun Fitness (Linda) 6:00 TB (Tina) 6:00 Yoga (Amy)	<b>14</b> 9:00 KB/TB (Tina) 10:15 Yoga (Vicky) 6:00 Step/KB/Core (Allie) 6:00 PiYo (Julie)	<b>15</b> 9:00 Step/Core (Beth) 10:30 Fun Fitness (Lindsay)	<b>16</b> 9:00 TB/Bosu (Suzy) 10:15 Barre (Gail) 6:00 MI PUMP (Lindsay) 6:00 Barre (MN)	<b>17</b> 9:00 Cardio Circuits (Lindsay) 10:30 Fun Fitness (Meredith)	<b>18</b> 9:00 Barre (MN)
<b>19</b>	<b>20</b> 9:00 Bosu/TB (Allie) 10:30 Fun Fitness (Linda) 6:00 TB (MN) 6:00 Yoga (Amy)	<b>21</b> 9:00 Step/Core (MN) 10:15 Yoga (MN) 6:00 KB/Buns/Abs (Tina) 6:00 Yoga (Julie)	<b>22</b> 9:00 TB/FB (Allie) 10:30 Fun Fitness (Lindsay)	<b>23</b> 9:00 KB/Buns/Abs (Beth) 10:15 PiYo(Gail) 6:00 TB (Suzy) 6:00 Barre (MN)	<b>24</b> 9:00 MI PUMP (Lindsay) 10:30 Fun Fitness (Suzy)	<b>25</b> 9:00 PiYo (Julie)
<b>26</b>	<b>27</b> <div style="text-align: center;"><b>FLC CLOSED</b></div> <div style="text-align: center;"><b>HAPPY MEMORIAL DAY!</b></div>	<b>28</b> 9:00 TB/Bosu (MN) 10:15 Yoga (MN) 6:00 TB/Bosu (Allie) 6:00 Yoga (Vicky)	<b>29</b> 9:00 Step (Beth) 10:30 Fun Fitness (Meredith)	<b>30</b> 9:00 KB/TB (Allie) 10:15 Yoga (Gail) 6:00 TB (Lindsay) 6:00 Barre (MN)	<b>31</b> 9:00 Cardio Dance (Suzy) 10:30 Fun Fitness (Linda)	
			<div style="text-align: center;"><b>WELCOME OUR NEWEST INSTRUCTORS: LINDSAY MEREDITH VICKY!</b></div>			5364 N.Broadway 688--1206 cbcfc.org Go to ministries: activities ministry choose calendar