




# Central Baptist Church Fitness Calendar

## April 2019

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