




Central Baptist Church Fitness Calendar

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 FLC Closed Labor Day	3 9:00 Mix It Up! 10:15 Yoga (Mary Nelle) 6:00 Step/Sculpt (Allie) 6:00 PIYO (Julie)	4 9:00 KB/Core (Beth) 10:30 FF (Linda)	5 9:00 Bosu/TB (Allie) 10:15Barre (Gail) 6:00 TB (Meredith) 6:00 Barre (MN)	6 9:00 Step (Beth) 10:30 FF (Meredith)	7 9:00 PIYO (Vicky)
8 	9 9:00 M/I Pump (Allie) 10:30 FF(Linda) 6:00 S/KB (Beth) 6:00 Yoga (Amy)	10 9:00 Step/Core 10:15 Yoga (Mary Nelle) 6:00 KB/TB (Tina) 6:00 Yoga (Vicky)	11 9:00 TB/FB (Beth) 10:30 FF (Meredith)	12 9:00 Turbo Kick (Allie) 10:15 Yoga (Gail) 6:00 TB (Tina) 6:00 Barre (MN)	13 9:00 Mix It Up! (Beth) 10:30 FF (Linda)	14 9:00 Yoga (Amy)
15	16 9:00 Step (Allie) 10:30 FF(Linda) 6:00 M/I Core (Meredith) 6:00 Yoga (Amy)	17 9:00 TB/FB (Allie) 10:15Yoga (Vicky) 6:00 Mix It Up! (Tina) 6:00 PIYO (Julie)	18 9:00 S/KB (Beth) 10:30 FF (Meredith)	19 9:00 TB/FB (Allie) 10:15 PIYO(Gail) 6:00 TB (Lindsay) 6:00 PIYO (Vicky)	20 9:00 M/I Core (Lindsay) 10:30 FF (Lindsay)	21 9:00 Yoga (Julie)
22 	23 9:00 Step/Sculpt (Allie) 10:30 FF(Linda) 6:00 Mix It Up! (Lindsay) 6:00 Yoga (Amy)	24 9:00 KB/Bosu 10:15 Yoga (Mary Nelle) 6:00 KB/Core (Tina) 6:00 Yoga (Vicky)	25 9:00 TB (Beth) 10:30 FF (Lindsay)	26 9:00 M/I Core (Tina) 10:15 Yoga (Gail) (Gail) 6:00 TB (Lindsay) 6:00 Barre (MN)	27 9:00 Step/Sculpt (Beth) 10:30 FF (Meredith)	28 9:00 Yoga (Amy)
29	30 9:00 Turbo Kick (Allie) 10:30 FF(Linda) 6:00 M/I Core (Meredith) 6:00 Yoga (Amy)					
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