

Central Baptist Church Fitness Calendar

May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Check out our exercise video library on Facebook: CBCFC Fitness						
We have OVER 100 workouts!!						
2	3 9:00 Step Sculpt (MN) 10:30 Fun Fitness (Linda) 6:00 Mix It Up! (Erin)	4 9:00 TurboKick (Allie) 6:00 Yoga (Vicky)	5 9:00 Yoga (Amy)	6 9:00 Bosu/TB (Allie) 6:00 MI Pump (Ansley)	7 9:00 MI/Core Lindsay 10:30 Fun Fitness (Meredith)	8
9	10 9:00 TB/FB (MN) 10:30 Fun Fitness (Linda) 6:00 TB/FB (Erin)	11 9:00 Cardio Surprise! (Allie) 6:00 Yoga (Amy)	12 9:00 Yoga (Amy)	13 9:00 Step Core (Allie) 6:00 Mix It Up! (Ansley)	14 9:00 KB/TB (Beth) 10:30 Fun Fitness (Meredith)	15
16	17 9:00 KB/Buns/Abs (Beth) 10:30 Fun Fitness (Ansley) 6:00 Bosu/TB (Erin)	18 9:00 TB (Allie) 6:00 Yoga (Julie)	19 9:00 Yoga (Vicky)	20 9:00 Step/Sculpt (Allie) 6:00 TB/FB (Ansley)	21 9:00 Bosu/Core (Beth) 10:30 Fun Fitness (Linda)	22
23	24 9:00 Tabata TB (MN) 10:30 Fun Fitness (Linda) 6:00 MI Pump (Erin)	25 9:00 Bosu/KB/Core (Allie) 6:00 Yoga (Julie)	26 9:00 Yoga (Vicky) 10:30 Fun Fitness (Linda)	27 <b style="color: green;">No Classes FLC Closed for Camp	28 <b style="color: green;">No Classes FLC Closed for Camp	29
30	31 <b style="color: red;">MEMORIAL DAY <b style="color: red;">NO CLASSES					5364 N. Broadway 688--1206 cbcfc.org actiivities ministry choose calendar