

Central Baptist Church Fitness Calendar

January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
Check out our exercise video library on Facebook: CBCFC Fitness						
We have OVER 100 workouts!!						
2	3 9:00 Step/Sculpt (Allie) 10:30 Fun Fitness (Linda) 6:00 TB/FB (Erin)	4 9:00 KB/Core (Tina) 6:00 Yoga (Julie)	5 9:00 Yoga (Vicky) 10:30 Fun Fitness (Gail)	6 9:00 TB/FB (Beth) 6:00 TB (Erin)	7 9:00 KB/Step/Core (Allie) 10:30 Fun Fitness (Vicky)	8
9	10 9:00 KB/Core (MN) (Vicky) 10:30 Fun Fitness (Erin) 6:00 Mix it Up!	11 9:00 TB/FB (Beth) 6:00 Yoga (Amy)	12 9:00 Yoga (Amy) 10:30 Fun Fitness (Gail)	13 9:00 Bosu/TB (Allie) 6:00 Bosu/TB (Erin)	14 9:00 Step/Core (Beth) 10:30 Fun Fitness (Meredith)	15
16	17 MLK Jr Day FLC Closed	18 9:00 Mix IT Up! (Allie) 6:00 Yoga (Julie)	19 9:00 Yoga (Vicky) 10:30 Fun Fitness (Gail)	20 9:00 Step/Core (Allie) 6:00 Mix It UP! (Erin)	21 9:00 Bosu/TB (Beth) 10:30 Fun Fitness (Meredith)	22
23	24 9:00 Barre (MN) (Vicky) 10:30 Fun Fitness (Erin) 6:00 TB	25 9:00 KB/Buns/Abs (Tina) 6:00 Yoga (Vicky)	26 9:00 Yoga (Amy) 10:30 Fun Fitness (Gail)	27 9:00 Turbokick (Allie) 6:00 Bosu/TB (Erin)	28 9:00 Mix it Up! (Beth) 10:30 Fun Fitness (Linda)	29
30	31 9:00 Step/Core (MN) (Linda) 10:30 Fun Fitness (Linda) 6:00 KB/TB (Tina)					5364 N. Broadway 688--1206 cbcfc.org activities ministry