





Central Baptist Church Fitness Calendar

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00 Mix It Up! (Beth) 10:30 FF (Linda) 6:00 Mix It UP! Erin	2 9:00 KB/Core (Allie) 6:00 Yoga (Julie)	3 9:00 Yoga Vicky 10:30 FF (Gail)	4 9:00 Step/Core (Beth) 6:00 TB (Erin)	5 9:00 M/I Pump (Beth) 10:30 FF (Meredith)	6
7 	8 9:00 Step/Core (Mary Nelle) 10:30 FF (Linda) 6:00 M/I Pump Erin	9 9:00 KB/TB (Allie) 6:00 Yoga (Amy)	10 9:00 Yoga (Vicky) 10:30 FF (Gail)	11 9:00 TB/FB (Allie) 6:00 TB/FB (Vicky)	12 9:00 Step/KB (Beth) 10:30 FF (Lindsay)	13
14	15 Barre (Mary Nelle) 10:30 FF (Vicky) 6:00 M/I Core Erin	16 9:00 Turbo Kick (Allie) 6:00 Yoga (Vicky)	17 9:00 Yoga (Amy) 10:30 FF (Gail)	18 9:00 M/I Core (Allie) 6:00 Bosu/TB (Erin)	19 9:00 Step/Sculpt (Beth) 10:30 FF (Linda)	20
21 	22 9:00 M/I Core (Mary Nelle) 10:30 FF (Linda) 6:00 TB/FB Erin	23 9:00 Step/Sculpt (Allie) 6:00 Yoga (Julie)	24 9:00 Yoga (Amy) 10:30 FF (Gail)	25 9:00 TB (Meredith) 6:00 Step/Sculpt (Erin)	26 9:00 M/I Core (Beth) 10:30 FF (Linda)	27
28	29 9:00 Bosu/TB (Mary Nelle) 10:30 FF (Linda) 6:00 Mix It Up! (Erin)	30 9:00 Step (Allie) 6:00 Yoga (Amy)	31 9:00 Yoga (Vicky) 10:30 FF (Gail)			
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