

Central Baptist Church Fitness Calendar

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Check out our exercise video library on Facebook: CBCFC Fitness</i> We have OVER 100 workouts!!			1 9:00 TB/FB (Tina)	2 9:00 Turbokick (Allie) 10:15 Yoga (Lynn) 6:00 Mix It UP (Erin)	3 9:00 Step/Sculpt (Beth) 10:30 Fun Fitness (Linda)	4
			10:30 Fun Fitness (Gail)			
5	6 9:00 Step/Core (MN) 10:30 Fun Fitness (Linda) 6:00 TB (Angela)	7 9:00 Bosu/ TB (Allie) 10:15 Yoga (Amy) 6:00 Yoga (Julie)	8 9:00 KB/Core (Beth) 10:30 Fun Fitness (Lynn)	9 9:00 TB (Allie) 10:15 Yoga (Gail) 6:00 Step Sculpt (Erin)	10 9:00 Step/KB/Core (Beth) 10:30 Fun Fitness (Meredith)	11
12	13 9:00 TB/FB (MN) 10:30 Fun Fitness (Meredith) 6:00 Mix It Up! (Erin)	14 9:00 Double Step (Allie) 10:15 Yoga (Amy) 6:00 Yoga (Vicky)	15 9:00 KB/TB (Tina) 10:30 Fun Fitness (Gail)	16 9:00 Step/KB/Core (Allie) 10:15 Yoga (Gail) 6:00 TB/FB (Erin)	17 9:00 Bosu/TB (Beth) 10:30 Fun Fitness (Vicky)	18
19	20 9:00 KB/Core (MN) 10:30 Fun Fitness (Vicky) 6:00 KB/TB (Angela)	21 9:00 TB (Allie) 10:15 Yoga (Amy) 6:00 Yoga (Julie)	22 9:00 Step/Core (Beth) 10:30 Fun Fitness (Lynn)	23 9:00 Mix IT Up! (Allie) 10:15 Yoga (Vicky) 6:00 Bosu/TB (Erin)	24 9:00 Step/Sculpt (Beth) 10:30 Fun Fitness (Vicky)	25
26	27 9:00 Barre (MN) 10:30 Fun Fitness (Linda) 6:00 MI PUMP (Erin)	28 9:00 Turbokick (Allie) 10:15 Yoga (Lynn) 6:00 Yoga (Amy)	29 9:00 TB (Tina) 10:30 Fun Fitness (Gail)	30 9:00 Double Step (Beth) 10:15 Yoga (Vicky) 6:00 Step/Sculpt (Erin)	31 9:00 Mi Pump (Beth) 10:30 Fun Fitness (Lindsay)	