

# Central Baptist Church Fitness Calendar

## October 2024

| Sunday  | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday  |
|---|---|--|--|---|---|---|
|   |   | <b>1</b><br>9:00 Bosu/TB<br>(Keli)<br>10:15 Yoga<br>(Lynn)<br>6:00 Yoga<br>(Vicky)     | <b>2</b><br>9:00 TB/FB<br>(Tina)<br>10:30 FF<br>(Gail)     | <b>3</b><br>9:00 Step/Core<br>(Allie)<br>10:15 Yoga<br>(Robert)<br>6:00 Step/Sculpt<br>(Erin)       | <b>4</b><br>9:00 Mix It Up!<br>(Allie)<br>10:30 FF<br>(Kim)                           | <b>5</b>  |
| <b>6</b><br>   | <b>7</b><br>9:00 TB/FB<br>(Mary Nelle)<br>10:30 FF<br>(Linda)<br>6:00 TB/FB<br>(Erin)           | <b>8</b><br>9:00 KB/Core<br>(Allie)<br>10:15 Yoga<br>(Robert)<br>6:00 Yoga<br>(Julie)  | <b>9</b><br>9:00 Bosu/TB<br>(Beth)<br>10:30 FF<br>(Lynn)   | <b>10</b><br>9:00 Step<br>(Beth)<br>10:15 Yoga<br>(Vicky)<br>6:00 KB/TB<br>(Erin)                   | <b>11</b><br>9:00 Step/Sculpt<br>(Beth)<br>10:30 FF<br>(Vicky)                        | <b>12</b>   |
| <b>13</b>   | <b>14</b><br>9:00 M/I Core<br>(Allie)<br>10:30 FF<br>(Linda)<br>6:00 KB/TB<br>(Angela)          | <b>15</b><br>9:00 TB<br>(Keli)<br>10:15 Yoga<br>(Julie)<br>6:00 Yoga<br>(Vicky)        | <b>16</b><br>9:00 Pilates<br>(Vicky)<br>10:30 FF<br>(Lynn) | <b>17</b><br>9:00 KB/Core<br>(Allie)<br>10:15 Yoga<br>(Lynn)<br>6:00 Step/Sculpt<br>(Meredith)      | <b>18</b><br>9:00 Bosu/TB<br>(Pris)<br>10:30 FF<br>(Meredith)                         | <b>19</b>   |
| <b>20</b><br> | <b>21</b><br>9:00 BARRE<br>(Mary Nelle)<br>10:30 FF<br>(Linda)<br>6:00 Mix It Up!<br>(Meredith) | <b>22</b><br>9:00 Step<br>(Allie)<br>10:15 Yoga<br>(Vicky)<br>6:00 Yoga<br>(Julie)     | <b>23</b><br>9:00 TB/FB<br>(Tina)<br>10:30 FF<br>(Vicky)   | <b>24</b><br>9:00 M/I Core<br>(Allie)<br>10:15 Yoga<br>(Robert)<br>6:00 KB/TB<br>(Erin)             | <b>25</b><br>9:00 Bosu/TB<br>(Pris)<br>10:30 FF<br>(Vicky)                            | <b>26</b>   |
| <b>27</b>   | <b>28</b><br>9:00 Bosu/TB<br>(Mary Nelle)<br>10:30 FF<br>(Vicky)<br>6:00 Mix It Up!<br>(Angela) | <b>29</b><br>9:00 KB/Core<br>(Allie)<br>10:15 Yoga<br>(Julie)<br>No Evening<br>Classes | <b>30</b><br>9:00 TB/FB<br>(Allie)<br>10:30 FF<br>(Lynn)   | <b>31</b><br>9:00 Step/Core<br>(Allie)<br>10:15 Yoga<br>(Lynn)<br>Class Canceled<br>Happy Halloween |  |   |
|              |   |  |  |   |   | 5364 N.Broadway<br>688--1206<br>cbcfc.org<br>Go to ministries:<br>actiivities ministry<br>choose calendar |