

## Central Baptist Church Fitness Calendar August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> 9:00 Bosu TB (Beth) 10:15 Yoga (Robert) 6:00 Mix It Up! (Erin)	<b>2</b> 9:00 Kb/Step/Core (Beth) 10:30 Fun Fitness (Linda)	<b>3</b>
<p><i>Check out our exercise video library on Facebook: CBCFC Fitness</i></p> <p><b>We have OVER 100 workouts!!</b></p>						
<b>4</b>	<b>5</b> 9:00 TB (Allie) 10:30 Fun Fitness (Vicky) 6:00 TB (Angela)	<b>6</b> 9:00 Step/Core (Allie) 10:15 Yoga (Vicky) 6:00 Yoga (Amy)	<b>7</b> 9:00 MI PUMP (Allie) 10:30 Fun Fitness (Gail)	<b>8</b> 9:00 KB/Core (Allie) 10:15 Yoga (Robert) 6:00 Bosu/TB (Erin)	<b>9</b> 9:00 Mix It Up! (Pris) 10:30 Fun Fitness (Linda)	<b>10</b>
<b>11</b>	<b>12</b> 9:00 Step/KB/Core (Allie) 10:30 Fun Fitness (Kim) 6:00 MI PUMP (Erin)	<b>13</b> 9:00 TB/FB (Vicky) 10:15 Yoga (Julie) 6:00 Yoga (Amy)	<b>14</b> <b>NO 9am CLASS</b> 10:30 Fun Fitness (Gail)	<b>15</b> 9:00 TB (Keli) 10:15 Yoga (Lynn) 6:00 TB/FB (Erin)	<b>16</b> 9:00 Cardio Circuits/Core (Meredith) 10:30 Fun Fitness (Meredith)	<b>17</b>
<b>18</b>	<b>19</b> 9:00 Mix It UP! (Allie) 10:30 Fun Fitness (Lynn) 6:00 Mix it UP! (Angela)	<b>20</b> 9:00 Step (Allie) 10:15 Yoga (Amy) 6:00 Yoga (Julie)	<b>21</b> 9:00 KB/TB (Vicky) 10:30 Fun Fitness (Gail)	<b>22</b> 9:00 MI Core (Allie) 10:15 Yoga (Amy) 6:00 MI Pump (Erin)	<b>23</b> 9:00 TB (Allie) 10:30 Fun Fitness (Linda)	<b>24</b>
<b>25</b>	<b>26</b> 9:00 Turbokick (Allie) 10:30 Fun Fitness (Vicky) 6:00 Mix it up! (Erin)	<b>27</b> 9:00 MI Pump (Allie) 10:15 Yoga (Vicky) 6:00 Yoga (Amy)	<b>28</b> 9:00 Step/KB/Abs (Allie) 10:30 Fun Fitness (Gail)	<b>29</b> 9:00 TB/FB (Meredith) 10:15 YOGA (Julie) 6:00 Step/Sculpt (Meredith)	<b>30</b> 9:00 MI Core (Kim) 10:30 Fun Fitness (Meredith)	<b>31</b>