

✦ FIRST BAPTIST FAMILY LIFE CENTER // Schedule for Jan. 9-14th, 2023

	MON. 1/9	TUES. 1/10	WED. 1/11	THURS. 1/12	FRI. 1/13	SAT. 1/14
8:00 - 9:00 AM						
9:00 - 10:00 AM	Pickleball					Pickleball
10:00 - 11:00 AM			Pickleball	Low Impact Exercise		
11:00 AM - 12 PM	Low Impact Exercise					
12:00 - 1:00 PM						
1:00 - 2:00 PM						
2:00 - 3:00 PM						
3:00 - 4:00 PM	Fitness Class	Fitness Class		Fitness Class		
4:00 - 5:00 PM	Fitness Class	Pickleball	Fitness Class	Pickleball	Fitness Class	
5:00 - 6:00 PM					Volleyball	
6:00 - 7:00 PM				Volleyball		
7:00 - 8:00 PM						

**Cost for Fitness class is \$5.00 || Can be paid by cash or credit card**

Contact Paul Katterjohn to schedule a fitness workout if the above times don't work with your schedule.

PHONE: 706-877-4937 EMAIL: katterjohnpaul@gmail.com