

✦ FIRST BAPTIST FAMILY LIFE CENTER // Schedule for October 24-29, 2022

| | MON. 10/24 | TUES. 10/25 | WED. 10/26 | THURS. 10/27 | FRI. 10/28 | SAT. 10/29 |
|------------------|---------------|---------------------|---------------|--------------|---------------------|------------------------------------|
| 8:00 - 9:00 AM | Fitness Class | | | | Fitness Class | |
| 9:00 - 10:00 AM | | | Pickleball | | | Health Fair & Jackolantern Jubilee |
| 10:00 - 11:00 AM | Pickleball | Low Impact Exercise | | | Low Impact Exercise | |
| 11:00 AM - 12 PM | | | | | | |
| 12:00 - 1:00 PM | | | | | | |
| 1:00 - 2:00 PM | | | | | | |
| 2:00 - 3:00 PM | | | | | | |
| 3:00 - 4:00 PM | | Pickleball | | | | |
| 4:00 - 5:00 PM | Fitness Class | | Fitness Class | Pickleball | Fitness Class | |
| 5:00 - 6:00 PM | | Fitness Class | | | | |
| 6:00 - 7:00 PM | | Pickleball | | | | |
| 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.

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