

✦ FIRST BAPTIST FAMILY LIFE CENTER // Schedule for November 7-12th, 2022

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