

✦ FIRST BAPTIST FAMILY LIFE CENTER // Schedule for November 14- 19th, 2022

	MON. 11/14	TUES. 11/15	WED. 11/16	THURS. 11/17	FRI. 11/18	SAT. 11/19
8:00 - 9:00 AM	Fitness Class					
9:00 - 10:00 AM			Pickleball	Low Impact Exercise		
10:00 - 11:00 AM	Pickleball	Low Impact Exercise				Pickleball
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		
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