

✦ FIRST BAPTIST FAMILY LIFE CENTER // Schedule for Jan. 16th-21st, 2023

	MON. 1/16	TUES. 1/17	WED. 1/18	THURS. 1/19	FRI. 1/20	SAT. 1/21
10:00 - 11:00 AM	Pickleball	Low Impact Exercise	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				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		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