

# ✦ FIRST BAPTIST FAMILY LIFE CENTER // Schedule for October 3-8

	MON. 10/3	TUES. 10/4	WED. 10/5	THURS. 10/6	FRI. 10/7	SAT. 10/8
8:00 - 9:00 AM	Fitness Class				Fitness Class	
9:00 - 10:00 AM			Pickleball			Pickleball
10:00 - 11:00 AM	Pickleball	Low Impact Exercise		Low Impact Exercise		
11:00 AM- 12PM						
12:00 - 1:00 PM						
1:00 - 2:00 PM						
2:00 - 3:00 PM						Disc Golf @ River View Park
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**

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