

 **FIRST BAPTIST FAMILY LIFE CENTER // Schedule for October 10-15, 2022**

	MON. 10/10	TUES. 10/11	WED. 10/12	THURS. 10/13	FRI. 10/14	SAT. 10/15
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- 12PM						
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

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