

June 2017- FBCC Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Sat
5 <i>Summer Session Begins</i> 6:15-7 PM Cardio & Strength (Kim)	6 9:15-10 AM Cardio & Strength(Tammy)	7	8 9:15-10 AM *Kickboxing (Tammy) 6:15-7 PM Cardio & Strength(Kim)	9	10 7:30 AM Group run 5 miles (Kim)
12 6:15-7 PM Cardio & Strength (Kim)	13 9:15-10 AM Cardio & Strength(Tammy)	14	15 9:15-10 AM *Kickboxing (Tammy) 6:15-7 PM Cardio & Strength (Kim)	16	17 7 AM Miles for Smiles Ride/Volunteer (Kim)
19 6:15-7 PM Cardio & Strength (Kim)	20 9:15-10 AM Cardio & Strength(Tammy)	21	22 9:15-10 AM *Kickboxing (Tammy) 6:15-7 PM Cardio & Strength (Kim)	23	24 7:30 AM Group Run 6 miles (Kim)
26 6:15-7 PM Cardio & Strength (Kim)	27 9:15-10 AM Cardio & Strength (Tammy)	28	29 9:15-10 AM *Kickboxing (Tammy) 6:15-7 PM Cardio & Strength(Kim)	30	1 7:30 AM Group Run 4 miles (Kim)

First Baptist Church Choctaw - www.fbcchoctaw.org/fitness - kreeves@fbcchoctaw.org

**Bag gloves needed for Kickboxing classes*