

# FBC Fitness – May 2017

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
30	1  6:15-7 PM Cardio & Strength (Kim)	2  9:15-10 AM Cardio & Strength (Tammy)  6:15- 7 PM Stations (Tammy)	3	4  9:15-10 AM *Kickboxing (Tammy)  6:15-7 PM *Kickboxing (Kim)	5	6
7	8  6:15-7 PM Cardio & Strength (Kim)	9  9:15-10 AM Cardio & Strength (Tammy)  6:15- 7 PM Stations (Tammy)	10	11  9:15-10 AM *Kickboxing (Tammy)  6:15-7 PM Cardio & Strength (Kim)	12	13
14	15  6:15-7 PM Cardio & Strength (Kim)	16  9:15-10 AM Cardio & Strength (Tammy)  6:15- 7 PM Stations (Tammy)	17	18  9:15-10 AM *Kickboxing (Tammy)  6:15-7 PM *Kickboxing (Kim)	19	20
<p><i>May 22-June 3 NO CLASSES</i>  <i>SUMMER SESSION BEGINS JUNE 5</i>  <i>Enroll by June 5 for early-bird discount!</i>  <i>Fbcchoctaw.org/fitness</i></p>						

**First Baptist Church Choctaw - [www.fbcchoctaw.org/fitness](http://www.fbcchoctaw.org/fitness) - [kreeves@fbcchoctaw.org](mailto:kreeves@fbcchoctaw.org)**

*\*Bag gloves needed for kickboxing.*