

# July 2017- FBCC Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Sat
3  6:15-7 PM Cardio & Strength (Deborah)	4  Independence Day NO CLASS  Fireball Classic Run 7 am in Ada (Kim)	5	6  9:15-10 AM Cardio & Strength (Tammy)  6:15-7 PM Cardio & Strength(Kim)	7	8
10-14  NO CLASSES VACATION BIBLE SCHOOL JULY 9-12 6-9 PM					
17  6:15-7 PM Cardio & Strength (Kim)	18  9:15-10 AM Cardio & Strength(Kim)	19	20  9:15-10 AM *Kickboxing (Deborah)  6:15-7 PM *Kickboxing (Kim)	21	22
24  6:15-7 PM Cardio & Strength (Tammy)	25  9:15-10 AM Cardio & Strength (Tammy)	26	27  9:15-10 AM Cardio & Strength (Tammy)  6:15-7 PM Cardio & Strength(Tammy)	28	29
31  6:15-7 PM Cardio & Strength (Kim)	1  9:15-10 AM <i>Cardio &amp; Strength (Tammy)</i>	2	3  9:15-10 AM <i>Cardio &amp; Strength (Tammy)</i>  6:15-7 PM <i>Cardio &amp; Strength(Kim)</i>	4	5  <i>Regional Food Bank 1:30-4 PM</i>

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 classes*