

Sept 2017- FBCC Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Sat
4 <i>Labor Day No Class</i>	5 9:15-10 AM Cardio & Strength(Tammy)	6	7 9:15-10 AM Cardio & Strength (Tammy) 6:15-7 PM Cardio & Strength(Kim)	8	9
11 6:15-7 PM HIIT & Abs (Kim)	12 9:15-10 AM Cardio & Strength(Tammy)	13	14 9:15-10 AM Cardio & Strength (Tammy) 6:15-7 PM Cardio & Strength(Tammy)	15	16 <i>Group Run 5 mi- FBCC (Kim)</i>
18 6:15-7 PM HIIT & Abs (Kim)	19 9:15-10 AM Cardio & Strength (Tammy)	20	21 9:15-10 AM Cardio & Strength (Tammy) 6:15-7 PM Cardio & Strength(Kim)	22	23 <i>Group Run 6 mi- FBCC (Kim)</i>
25 6:15-7 PM HIIT & Abs (Kim)	26 9:15-10 AM Cardio & Strength (Tammy)	27	28 9:15-10 AM Cardio & Strength (Tammy) 6:15-7 PM Cardio & Strength(Kim)	29	30 <i>Group Run 7 mi- FBCC (Kim)</i>

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