

January 2018- Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Sat
8 <i>Winter Session Begins</i> 6:15-7 PM (Kim)	9 9:15-10 AM (Tammy)	10	11 9:15-10 AM (Tammy) 6:15-7 PM (Kim)	12	13 8:30-9:15 AM (Kim)
15 6:15-7 PM (Kim)	16 9:15-10 AM (Tammy)	17	18 9:15-10 AM (Tammy) 6:15-7 PM (Kim)	19	20 7:45-10 AM Health Fair 8:30-9:15 AM (Tammy)
22 6:15-7 PM (Kim)	23 9:15-10 AM (Tammy)	24	25 9:15-10 AM (Tammy) 6:15-7 PM (Kim)	26	27 8:30-9:15 AM (Kim)
29 6:15-7 PM (Kim)	30 9:15-10 AM (Tammy)	31	<i>1</i> 9:15-10 AM (Tammy) 6:15-7 PM (Kim)	2	3 8:30-9:15 AM (Tammy)

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