

# Fitness Classes March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	8:30 FB Stefanie 9:45 Go Low Patty 6:00 FB Rachel	8:30 HIIT Patty 9:45 YaH Rachel 6:00 Cardio Sculpt Angela	8:30 FB Stefanie 9:45 Go Low Patty	8:30 Step Charlotte 9:45 Barre 11:00 Power Flow Paige 6:00 Cardio Sculpt	8:30 HIIT Stefanie 9:45 YaH Rachel	
8	9	10	11	12	13	14
<i>Bring a friend to class and your class is free! This week only!</i>	8:30 FB Stefanie 9:45 Go Low Patty 6:00 FB Rachel	8:30 HIIT Patty 9:45 YaH Rachel 6:00 Cardio Sculpt Angela	8:30 FB Stefanie 9:45 Go Low Patty	8:30 Step Charlotte 9:45 Barre 11:00 Power Flow Paige 6:00 Cardio Sculpt	8:30 HIIT Stefanie 9:45 YaH Rachel	
15	16	17	18	19	20	21
<b>Spring Break</b>	8:30 FB Stefanie 9:45 Go Low Patty	8:30 HIIT Patty 9:45 YaH Patty 6:00 Cardio Sculpt Angela	9:45 Go Low Patty	8:30 Step Charlotte		
17	18	19	20	21	22	23
	8:30 FB Stefanie 9:45 Go Low Patty 6:00 FB Rachel	8:30 HIIT Patty 9:45 YaH Rachel 6:00 Cardio Sculpt Angela	8:30 FB Stefanie 9:45 Go Low Patty	8:30 Step Charlotte 9:45 Barre 11:00 Power Flow Paige 6:00 Cardio Sculpt	8:30 HIIT Stefanie 9:45 YaH Rachel	
22/29	23/30	24/31	25	26	27	28
<b>Bring your favorite recipe to class!</b>	8:30 FB Stefanie 9:45 Go Low Patty 6:00 FB Rachel	8:30 HIIT Patty 9:45 YaH Rachel 6:00 Cardio Sculpt Angela	8:30 FB Stefanie 9:45 Go Low Patty	8:30 Step Charlotte 9:45 Barre 11:00 Power Flow Paige 6:00 Cardio Sculpt	8:30 HIIT Stefanie 9:45 YaH Rachel	

**\*Receive Text alerts concerning changes, closures or cancellations- text FBCFITNESS to 57711 and follow the 2 step process! \* Like us on Facebook at First Baptist Concord Fitness Knoxville for updates, reminders and community**  
**\* email questions or comments to sfugate@fbconcord.org**

