



# New Psalmist Baptist Church Fitness Ministry Calendar

## May 2016

Fitness tip of the month: It's not too late to get your ticket for the Fitness Party. Come out for Fitness, Food, DJ, and Fun. Tickets are available via the bookstore and via Eventbrite at <https://www.eventbrite.com/e/new-psalmist-fitness-party-tickets-24634963840>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>	<b>2</b> Line Dance 6:00-7:00pm; 7:00-8:00pm Core and More 6:45-7:45pm	<b>3</b> Zumba 7:00-8:00pm	<b>4</b> Line Dance 6:00-7:00pm	<b>5</b>	<b>6</b>	<b>7</b> Core and More 8:00-9:00am  Sit and Sweat 9:15-9:45am
<b>8</b>	<b>9</b> Line Dance 6:00-7:00pm; 7:00-8:00pm Core and More 6:45-7:45pm	<b>10</b> Zumba 7:00-8:00pm	<b>11</b> Line Dance 6:00-7:00pm	<b>12</b> <b>Communion Gym Closes at 6:00pm</b>	<b>13</b>	<b>14</b> Core and More 8:00-9:00am  Sit and Sweat 9:15-9:45am
<b>15</b>	<b>16</b> Line Dance 6:00-7:00pm; 7:00-8:00pm Core and More 6:45-7:45pm	<b>17</b> Zumba 7:00-8:00pm	<b>18</b> Line Dance 6:00-7:00pm	<b>19</b>	<b>20</b> <b>Fitness Party 6:00pm-10:00pm</b>	<b>21</b> Core and More 8:00-9:00am  Sit and Sweat 9:15-9:45am
<b>22</b>	<b>23</b> Line Dance 6:00-7:00pm; 7:00-8:00pm Core and More 6:45-7:45pm	<b>24</b> Zumba 7:00-8:00pm	<b>25</b> Line Dance 6:00-7:00pm	<b>26</b>	<b>27</b>	<b>28</b> Core and More 8:00-9:00am  Sit and Sweat 9:15-9:45am
<b>29</b>	<b>30</b> <b>Memorial Day Church and offices closed</b>	<b>31</b> Zumba 7:00-8:00pm				

Bishop Walter S. Thomas Sr., Pastor

**Notes:**

- Line dance: room E2095
- Core and More: Mondays- 2<sup>nd</sup> floor balcony ; Saturdays- Dance room
- Zumba: Dance Room

- **Sit and Sweat: Fitness Center**