



November 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 OCT RSBC Worship services 9:30 & 10:45am Community Heroes honored at 10:45am Evening service 6:00pm	30 OCT Advanced Sit & Stand Class 10:30am Monday LUNCH - 11:30am to 1:00pm HIIT Class 4:30pm RSBC Fall Festival 6:30-8pm	31 OCT HIIT Class 8:30am Beginner Sit & Stand Class 9:30am All courts closed for clean up, they will open asap.	01 NOV Cardio Kickboxing 9:30am Balance & Flow 10:30am B4 Church Supper 4:45-6pm IC CLOSED 5pm-7:30pm RSBC Prayer Service 6:30 pm	02 HIIT Class 8:30am Beginner Sit & Stand Class 9:30am Thursday LUNCH - 11:30am to 1:00pm	03 Advanced Sit & Stand Class 10:30am Pickleball FREE HOUR 1pm - 2pm HIIT Class 4:30pm	04 Community BREAKFAST Buffet 8:00am - 10:00am \$6.50 per adult \$4.00 per child
05  RSBC Worship services 9:30 & 10:45am 6:00pm	06 Advanced Sit & Stand Class 10:30am Monday LUNCH - 11:30am to 1:00pm HIIT Class 4:30pm Courts 1 & 3 closed 5:30pm-9pm	07 HIIT Class 8:30am Beginner Sit & Stand Class 9:30am Courts 1 & 3 closed 5:30pm-9pm	08 Cardio Kickboxing 9:30am Balance & Flow 10:30am B4 Church Supper 4:45-6pm IC CLOSED 5pm-7:30pm RSBC Prayer Service 6:30 pm Courts 1 & 3 closed 7:30pm-9pm	09 HIIT Class 8:30am Beginner Sit & Stand Class 9:30am Thursday LUNCH - 11:30am to 1:00pm Courts 1 & 3 closed 5:30pm-9pm	10 Advanced Sit & Stand Class 10:30am Pickleball FREE HOUR 1pm - 2pm HIIT Class 4:30pm	11
12 RSBC Worship services 9:30 & 10:45am 6:00pm	13 Advanced Sit & Stand Class 10:30am Monday LUNCH - 11:30am to 1:00pm HIIT Class 4:30pm Courts 1 & 3 closed 5:30pm-9pm	14 HIIT Class 8:30am Beginner Sit & Stand Class 9:30am Courts 1 & 3 closed 5:30pm-9pm	15 Cardio Kickboxing 9:30am Balance & Flow 10:30am B4 Church Supper 4:45-6pm IC CLOSED 5pm-7:30pm RSBC Prayer Service 6:30 pm Courts 1 & 3 closed 7:30pm-9pm	16 HIIT Class 8:30am Beginner Sit & Stand Class 9:30am Thursday LUNCH - 11:30am to 1:00pm Courts 1 & 3 closed 5:30pm-9pm	17 Advanced Sit & Stand Class 10:30am Pickleball FREE HOUR 1pm - 2pm HIIT Class 4:30pm	18 Note: Reserve Court 2 for PICKLEBALL anyday during open hours
19 RSBC Worship services 9:30 & 10:45am 6:00pm	20 Advanced Sit & Stand Class 10:30am Monday LUNCH - 11:30am to 1:00pm HIIT Class 4:30pm All courts closed for event set up until TBA	21 HIIT Class 8:30am Beginner Sit & Stand Class 9:30am IC Workout areas CLOSED at 4pm Thanksgiving Service and Supper at IC	22 NO group classes Try Fitness on Demand! All courts will open as soon as possible. IC CLOSED at 5pm	23 IC CLOSED all day 	24 NO group classes Burn off the Thanksgiving calories! IC CLOSED at 3pm	25
26 RSBC Worship services 9:30 & 10:45am 6:00pm	27 Advanced Sit & Stand Class 10:30am Monday LUNCH - 11:30am to 1:00pm HIIT Class 4:30pm Courts 1 & 3 closed 5:30pm-9pm	28 HIIT Class 8:30am Beginner Sit & Stand Class 9:30am Courts 1 & 3 closed 5:30pm-9pm	29 Cardio Kickboxing 9:30am Balance & Flow 10:30am B4 Church Supper 4:45-6pm IC CLOSED 5pm-7:30pm RSBC Prayer Service 6:30 pm Courts 1 & 3 closed 7:30pm-9pm	30 HIIT Class 8:30am Beginner Sit & Stand Class 9:30am Thursday LUNCH - 11:30am to 1:00pm All courts closing for event set up	For all meal menus and other information, LIKE us on Facebook @ Impact Center at Rock Springs Baptist Church. You can also find the menu listed on our chalkboard as you enter the building.	