

December 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 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.	28	29 ALL Courts closed	30 ALL Courts closed	01 Advanced Sit & Stand Class 10:30am HIIT Class 4:30pm All courts closed	02 Christmas Bazaar 8am-3pm Breakfast & Lunch Fitness areas are open 8am-5pm
03 RSBC Worship services 9:30 & 10:45am 6:00pm	04 Advanced Sit & Stand Class 10:30am Monday LUNCH - 11:30am to 1:00pm HIIT Class 4:30pm Courts open asap, 1 & 3 closed 5:30pm-9pm	05 HIIT Class 8:30am Beginner Sit & Stand Class 9:30am Courts 1 & 3 closed 5:30pm-9pm	06 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	07 HIIT Class 8:30am Beginner Sit & Stand Class 9:30am Thursday LUNCH - 11:30am to 1:00pm Courts 1 & 3 closed 5:30pm-9pm	08 Advanced Sit & Stand Class 10:30am Pickleball FREE HOUR 1pm - 2pm HIIT Class 4:30pm Courts 1 & 3 closed 5:30pm-9pm	09 Church League Basketball Games on Courts 1 & 3
10 RSBC Worship services 9:30 & 10:45am 6:00pm	11 Advanced Sit & Stand Class 10:30am Monday LUNCH - 11:30am to 1:00pm HIIT Class 4:30pm Courts 1 & 3 closed 5:30pm-9pm	12 HIIT Class 8:30am Beginner Sit & Stand Class 9:30am Courts 1 & 3 closed 5:30pm-9pm	13 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	14 HIIT Class 8:30am Beginner Sit & Stand Class 9:30am Thursday LUNCH - 11:30am to 1:00pm Courts 1 & 3 closed 5:30pm-9pm	15 Advanced Sit & Stand Class 10:30am Pickleball FREE HOUR 1pm - 2pm HIIT Class 4:30pm Courts 1 & 3 closed 5:30pm-9pm	16 Church League Basketball Games on Courts 1 & 3
17 RSBC Worship services 9:30 & 10:45am Christmas Music Presentation at 6:00pm	18 Advanced Sit & Stand Class 10:30am Monday LUNCH - 11:30am to 1:00pm HIIT Class 4:30pm Courts 1 & 3 closed 5:30pm-9pm	19 HIIT Class 8:30am Beginner Sit & Stand Class 9:30am Courts 1 & 3 closed 5:30pm-9pm	20 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	21 HIIT Class 8:30am Beginner Sit & Stand Class 9:30am Thursday LUNCH - 11:30am to 1:00pm Courts 1 & 3 closed 5:30pm-9pm	22 Advanced Sit & Stand Class 10:30am Pickleball FREE HOUR 1pm - 2pm HIIT Class 4:30pm	23 Closed at noon
24 RSBC Worship services 10:00am & 5:00pm 	25 Closed 	26 HIIT Class 8:30am Beginner Sit & Stand Class 9:30am Courts 1 & 3 closed 5:30pm-9pm	27 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	28 HIIT Class 8:30am Beginner Sit & Stand Class 9:30am Thursday LUNCH - 11:30am to 1:00pm Courts 1 & 3 closed 5:30pm-9pm	29 Advanced Sit & Stand Class 10:30am Pickleball FREE HOUR 1pm - 2pm HIIT Class 4:30pm	30