

UNION BAPTIST CHURCH HEALTH & FITNESS MINISTRY ZOOM SCHEDULE

January 9 - February 27, 2021



JANUARY

- January 9* *Zumba*
January 16 *H.I.I.T. (Lt. - Med. DBs., Mat)*
January 23 *Yoga Flow (Mat)*
January 30 *Intro to Self Defense*

FEBRUARY

- February 6* *Afro-Caribbean Dance*
February 13 *Total Body Conditioning (Lt. - Md. DBs., Mat)*
February 20 *Sculpt (Lt. - Md. DBs., Mat)*
February 27 *Zumba*



All ZOOM classes begin promptly at
8:00 AM, Saturdays.

Meeting ID: 845 1644 8806

Passcode: UBCH&F

I can do all things through Christ which strengthens me. Phillipians 4:13, KJV