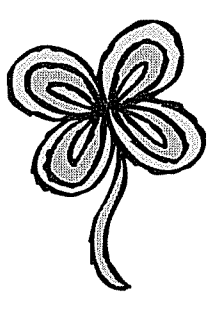


# March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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	<p>9:15 BWks Yoga <b>1</b> 10:00 Primetime Regular Session 11:45 MBA 6:00 BWks Yoga 6:30 Upward Practice 6:30 Women's Study 6:40 Pilates 7:15 PFA</p>	<p>9:00 Mommy Walk <b>2</b> 9:15 HiLo Cardio 10:30 Sr. Cardio 3:30 CSC 5:30 PUMP! 6:30 Upward Practice 6:40 Living Well/Weight Management</p>	<p>9:15 BWks Yoga <b>3</b> 10:30 BWks Chair Yoga 4:15 Handbells 5:00 KFC 5:30 Praise Team 6:30 Youth Refuge 6:30 Prayer Service 7:15 Sanctuary Choir 7:30 Men's Pick-Up Basketball</p>	<p>9:15 HiLo Cardio <b>4</b> 10:30 Sr. Cardio 5:30 PUMP! 6:00 BWks Yoga 6:30 Upward Practice 6:30 Quarterlife 6:40 Pilates 7:00 AA/AI Anon</p>	<p>12:00 BWks Yoga <b>5</b></p>	<p>Last Upward Game <b>6</b> Second Baptist  4:30 p.m. Youth meet at the Family Life Center for transportation to Winter Jam 2010 Christian Concert Thompson-Boling Arena (concert at 6:00 p.m.)</p>
<p>8:30 Worship (FLC) <b>7</b> 9:30 Sunday School 10:40 Worship (Sanct.) 12:00 Sunday in Sicily Youth Choir Fundraiser Lunch 5:00 ESL 5:00 Youth Choir 6:30 Youth Discipleship 6:30 Evening Worship</p>	<p>9:15 BWks Yoga <b>8</b> 10:00 Primetime Singin' at Morning Pointe 11:15 Primetime Lunch at Red Lobster 6:00 BWks Yoga 6:00 Upward Awards at Second Baptist 6:30 Women's Study 6:40 Pilates 7:15 PFA</p>	<p>9:00 Mommy Walk <b>9</b> 9:15 HiLo Cardio 10:30 Sr. Cardio 3:30 CSC 5:30 PUMP! 6:40 Living Well/Weight Management 7:00 Knitting and Crocheting Class</p>	<p>9:15 BWks Yoga <b>10</b> 10:30 BWks Chair Yoga 4:15 Handbells 5:00 KFC 5:30 Praise Team 6:30 Youth Refuge 6:30 Prayer Service 7:15 Sanctuary Choir 7:30 Men's Pick-Up Basketball</p>	<p>9:15 HiLo Cardio <b>11</b> 10:30 Sr. Cardio 5:30 PUMP! 6:00 BWks Yoga 6:30 Quarterlife 6:40 Pilates 7:00 AA/AI Anon</p>	<p>12:00 BWks Yoga <b>12</b></p>	<p><b>13</b></p>
<p><b>Daylight Savings</b> <b>14</b> Time Begins - move clocks forward 1 hour 8:30 Worship (FLC) 9:30 Sunday School 10:40 Worship (Sanct.) Lunch for New Members 5:00 ESL 5:00 Deacon's Meeting 5:00 Youth Choir 6:30 Youth Discipleship 6:30 Evening Worship</p>	<p>9:15 BWks Yoga <b>15</b> 9:45 Primetime Singin' at the Towers 11:00 Primetime Bible Study 11:45 MBA 6:00 BWks Yoga 6:30 Women's Study 6:40 Pilates 7:15 PFA</p>	<p>9:00 Mommy Walk <b>16</b> 9:15 HiLo Cardio 10:30 Sr. Cardio 3:30 CSC 5:30 PUMP! 6:40 Living Well/Weight Management</p>	<p>9:15 BWks Yoga <b>17</b> 10:30 BWks Chair Yoga 4:15 Handbells 5:00 KFC 5:30 Praise Team 5:30 Finance Meeting 6:30 Youth Refuge 6:30 Business Meeting 7:15 Sanctuary Choir 7:30 Men's Pick-Up Basketball</p>	<p>9:15 HiLo Cardio <b>18</b> 10:30 Sr. Cardio 5:30 PUMP! 6:00 BWks Yoga 6:30 Quarterlife 6:40 Pilates 7:00 AA/AI Anon</p>	<p>12:00 BWks Yoga <b>19</b></p>	<p><b>20</b></p>
<p><b>21</b> Kids Koins - Kids bring FLC Coins to either morning service. 8:30 Worship (FLC) 9:30 Sunday School 10:40 Worship (Sanct.) 5:00 ESL 5:00 Youth Choir 6:30 Youth Discipleship 6:30 Evening Worship</p>	<p>9:15 BWks Yoga <b>22</b> 10:00 Primetime Regular Session 11:45 MBA 5:30 Zumba Begins! 6:00 BWks Yoga 6:30 Women's Study 6:40 Pilates 7:15 PFA</p>	<p>9:00 Mommy Walk <b>23</b> 9:15 HiLo Cardio 10:30 Sr. Cardio 3:30 CSC 5:30 PUMP! 7:00 Prayer Shawl Mtg.</p>	<p>9:15 BWks Yoga <b>24</b> 10:30 BWks Chair Yoga 4:15 Handbells 5:00 KFC 5:30 Praise Team 6:30 Youth Refuge 6:30 Prayer Service 7:15 Sanctuary Choir 7:30 Men's Pick-Up Basketball</p>	<p>9:15 HiLo Cardio <b>25</b> 10:30 Sr. Cardio 5:30 PUMP! 6:30 Quarterlife 6:40 Pilates 7:00 AA/AI Anon</p>	<p>12:00 BWks Yoga <b>26</b></p>	<p><b>27</b> 10:00 a.m. Community Food Truck</p>
<p><b>Palm Sunday</b> <b>28</b> 8:30 Worship (FLC) 9:30 Sunday School 10:40 Worship (Sanct.) 5:00 ESL 6:30 Youth Discipleship 6:30 Evening Worship</p>	<p>9:15 BWks Yoga <b>29</b> 10:00 Primetime Regular Session 11:45 MBA 6:00 BWks Yoga 5:30 Zumba 6:30 Women's Study 6:40 Pilates 7:15 PFA</p>	<p>9:00 Mommy Walk <b>30</b> 9:15 HiLo Cardio 10:30 Sr. Cardio 3:30 CSC 5:30 PUMP!</p>	<p>9:15 BWks Yoga <b>31</b> 10:30 BWks Chair Yoga 4:15 Handbells 5:00 KFC 5:30 Praise Team 6:30 Youth Refuge 6:30 Prayer Service 7:15 Sanctuary Choir 7:30 Men's Pick-Up Basketball</p>	<p><b>Due to Church Directory Pictures March 23-27</b> Yoga and Pilates will be held on the Gym Floor and the Bodyworks Yoga Class Thursday the 25th at 6:00 will be cancelled.  <b>Spring Concert Practice</b> This Spring the Sanctuary Choir will be hosting a concert of excerpts from Messiah. If you are able, we would love to have you join us through the spring on Wednesday nights and sing with us in this concert. The first half of choir practice (7:15 - 7:45 p.m.) will be devoted to Messiah.</p>		