


MAY 2022 METHODISTS IN MOTION fitness classes
 Part of the **WELLNESS PROGRAM** at **FUMC TUSCALOOSA**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Classes are held in the CAC. Please bring a mat and water. For info contact Janice@fumct.org</p>	<p>2 8:00 Beth Senior Fitness 9:00 Janice Interval Workout</p>	<p>3 9:00 Linda TBC</p>	<p>4 8:00 Beth Senior Fitness 1:30 Linda Yoga</p>	<p>5</p>	<p>6 8:00 Janice Senior Fitness 9:00 Sherri STEP & SCULPT</p>	<p>7</p>
<p>8  MOTHER'S DAY</p>	<p>9 8:00 Beth Senior Fitness 9:00 Janice Cardio Sculpt</p>	<p>10 9:00 Linda Aerobics Workout</p>	<p>11 8:00 Beth Senior Fitness 1:30 Linda</p>	<p>12</p>	<p>13 8:00 Janice Senior Fitness 9:00 Sherri STEP & CORE</p>	<p>14</p>
<p>15</p>	<p>16 8:00 Beth Senior Fitness 9:00 Sherri HIIT</p>	<p>17 9:00 Linda TBC</p>	<p>18 8:00 Beth Senior Fitness 1:30 Linda Yoga</p>	<p>19</p>	<p>20 8:00 Linda Senior Fitness 9:00 Sherri STEP & SCULPT</p>	<p>21 Please join the Wellness Group on the FUMCT Facebook page</p>
<p>22 SOFTBALL RECOGNITION 11:00 TRADITIONS</p>	<p>23 8:00 Beth Senior Fitness 9:00 Janice Aerobics Workout</p>	<p>24 9:00 Linda STEP & SCULPT</p>	<p>25 8:00 Beth Senior Fitness 1:30 Linda Yoga</p>	<p>26</p>	<p>27 8:00 Janice Senior Fitness 9:00 Janice 20/20/20</p>	<p>28</p>
<p>29</p>	<p>30 MEMORIAL DAY CAC IS CLOSED NO CLASSES TODAY!</p>	<p>31 9:00 Linda STEP & PILATES</p>				