

SEPTEMBER 2023 METHODISTS IN MOTION FITNESS CLASSES

Part of the **FUMCT WELLNESS MINISTRY**—heart, soul, mind, strength

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Join the Wellness Group on the FUMCT Fb page. New program - DeStress Mondays- A way to start the week off right.	Senior Balance Training -Tuesdays Sept 19– Oct. 10 Preregistration required. Email Janice Stewart at Janice@fumct.org .	Love the Lord your God with all your heart, soul, mind, and strength.	New WNA class — Wed Night Workout (WNW) 5:45-6:30 Intense intervals – cardio & strength training.		1 8:00 Janice Senior Fitness 9:00 Sheri STEP & SCULPT	2
3 ALL CHURCH WORSHIP 10:00 CHITWOOD HALL	4 LABOR DAY! CAC CLOSED	5 9:00 Linda 20/20/20	6 9:00 Janice Senior Fitness 1:30 Linda Yoga 5:45 Janice WNW	7	8 8:00 Beth Senior Fitness 9:00 Sheri Step & Pilates	9
10 Worship at 9:00 or 11:00 at the Bridge and Traditions	11 8:00 Beth Senior Fitness 9:00 Sheri HIIT Workout 1-3 Pickleball	12 9:00 Linda TBC	13 9:00 Beth Senior Fitness 1:30 Linda Yoga 5:45 Janice WNW	14 Pickleball Clinic With Janet Walker 1:00-3:00 pm	15 8:00 Janice Senior Fitness 9:00 Sheri STEP & SCULPT	16
17	18 8:00 Beth Senior Fitness 9:00 Janice Interval Workout 1-3 Pickleball	19 9:00 Linda TBC 10:30 Janice Senior Balance Training 2-4 Pickleball clinic	20 9:00 Beth Senior Fitness 1:30 Linda Yoga 5:45 Janice WNW	21	22 8:00 Janice Senior Fitness 9:00 Janice 20/20/20	23
24	25 8:00 Beth Senior Fitness 9:00 Janice Cardio Sculpt 1-3 Pickleball	26 9:00 Linda TBC 10:30 Janice Senior Balance Training	27 9:00 Beth Senior Fitness 1:30 Linda Yoga 5:45 Janice WNW	28	29 8:00 Janice Senior Fitness 9:00 Sheri STEP & SCULPT	30