



# May 2025 METHODISTS IN MOTION fitness classes

One part of the FUMCT WELLNESS MINISTRY

Love the Lord your God with all your heart, mind, soul and strength.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>More info at Fumct.org Join FUMCT Wellness Group on Fb.</i></p>	<p>Walking track is open M- T 8-4:30 and Fri 8-12:30.</p>	<p><i>May is Mental Health Awareness Month.</i></p>	<p>This year's theme- Turm Awareness to Action!</p>	<p>1</p>	<p>2 8:00 Janice Senior Balance  9:00 Janice Step &amp; Sculpt</p>	<p>3</p>
<p>4 Pickleball courts open Mondays 2-4pm.</p>	<p>5 8:00 Janice Senior Fitness  9:00 Janice HIIT</p>	<p>6 9:00 Linda TBC</p>	<p>7  1:30 Linda Yoga</p>	<p>8</p>	<p>9 9:00 Linda 20/20/20</p>	<p>10</p>
<p>11  <i>May 12-18 Mental Health WEEK- theme is COMMUNITY</i></p>	<p>12 9:00 Janice Interval Workout</p>	<p>13 9:00 Linda Step &amp; Sculpt</p>	<p>14  1:30 Linda Yoga</p>	<p>15 <i>Wear green day for mental health. Green represents hope &amp; growth.</i></p>	<p>16 8:00 Janice Senior Balance  9:00 Janice Step &amp; Sculpt</p>	<p>17</p>
<p>18 </p>	<p>19 8:00 Janice Senior Fitness  9:00 Janice 20/20/20</p>	<p>20 9:00 Linda TBC</p>	<p>21  1:30 Linda Yoga</p>	<p>22</p>	<p>23 8:00 Janice Senior Balance  9:00 Janice Step &amp; Sculpt</p>	<p>24</p>
<p>26</p>	<p>26 Church closed for Memorial Day. No classes or Pickleball.</p>	<p>27 9:00 Linda 20/20/20</p>	<p>28  1:30 Linda Yoga</p>	<p>29</p>	<p>30 8:00 Janice Senior Fitness  9:00 Janice Step &amp; Sculpt</p>	<p>31</p>