

APRIL 2022 METHODISTS IN MOTION fitness classes

Part of the FUMCT WELLNESS MINISTRY

SUN

MON




TUE

WED

THU

FRI

SAT

<p>Check out Sole to Soul Walking Groups At fumct.org Under events</p>	<p>April is Counseling Awareness Month</p>	<p>Wellness focus - ACCEPT</p>		<p>Lent 40 Days of Wellness- Focusing on the I AM statements of Jesus continues</p>	<p>1 8:00 Janice Senior Fitness 9:00 Sheri- STEP&SCULPT</p>	<p>2</p>
<p>3</p>	<p>4 8:00 Janice Senior Fitness 9:00 Janice HIIT Workout</p>	<p>5 9:00 Linda STEP & PILATES</p>	<p>6 8:00 Beth Senior Fitness 1:30 Linda YOGA</p>	<p>7</p>	<p>8 8:00 Janice Senior Fitness 9:00 Sheri STEP& CORE</p>	<p>9 </p>
<p>10 PALM SUNDAY</p>	<p>11 8:00 Beth Senior Fitness 9:00 Janice INTERVAL</p>	<p>12 9:00 Linda TBC</p>	<p>13 8:00 Beth Senior Fitness 1:30 Linda YOGA</p>	<p>14</p>	<p>15 8:00 Janice Senior Fitness 9:00 Sheri 20/20/20</p>	<p>16</p>
<p>17 Easter </p>	<p>18 Church closed No classes</p>	<p>19 9:00 Linda STEP & PILATES</p>	<p>20 8:00 Beth Senior Fitness 1:30 Linda Yoga</p>	<p>21</p>	<p>22 8:00 Linda Senior Fitness 9:00 Sheri 20/20/20</p>	<p>23</p>
<p>24 ENGAGE: MISSION DAY Register at Fumct.org</p>	<p>25 8:00 Janice Senior Fitness 9:00 Janice CARDIO SCULPT</p>	<p>26 9:00 Linda TBC</p>	<p>27 8:00 Beth Senior Fitness 1:30 Linda YOGA</p>	<p>28 Plank Time </p>	<p>29 <u>NO CLASSES</u> CAC WILL BE SET UP FOR HOMELESS CONNECT</p>	<p>30 LOVE INC EVENT - HOMELESS CONNECT</p>