




November 2023 METHODISTS IN MOTION fitness classes

Part of the FUMCT WELLNESS MIINSTRY - heart, soul, mind, strength

“Oh give thanks to the Lord, for He is good. His steadfast love endures forever.” Psalm 107:1

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Wellness Coordinator- Janice Stewart Janice@fumct.org			1 9:00 Beth Senior Fitness 1:30 Janice YOGA	2	3 8:00 Janice Senior Fitness 9:00 Janice STEP & SCULPT	4
5	6 8:00 Beth Senior Fitness 9:00 Janice HIIT Workout Pickleball 1-3	7 9:00 Linda STEP & SCULPT	8 9:00 Beth Senior Fitness 1:30 Linda YOGA	9	10 <u>No classes.</u> <u>Church closed</u> <u>Veteran's Day</u>	11
12 	13 8:00 Beth Senior Fitness 9:00 Janice Aerobics Workout Pickleball 1-3	14 9:00 Linda TBC	15 9:00 Beth Senior Fitness 1:30 Janice YOGA	16	17 8:00 Janice Senior Fitness 9:00 Sheri STEP & SCULPT	18
19 WALK during the Thanksgiving Holidays!	20 8:00 Beth Senior Fitness 9:00 Janice 20/20/20 Pickleball 1-3	21 9:00 Linda 20/20/20	22 NO CLASSES Call church office to confirm hours for walking track.	23 HAPPY THANKSGIVING 	24 CAC CLOSED THANKSGIVING HOLIDAY	25 ALABAMA VS. AUBURN 
26	27 8:00 Beth Senior Fitness 9:00 Janice Cardio Sculpt Pickleball 1-3	28 9:00 Linda TBC	29 9:00 Beth Senior Fitness 1:30 Linda Yoga	30		Love the Lord with all your heart, soul, mind and strength.