

# APRIL 2024 METHODISTS IN MOTION fitness classes

Part of the **FUMCT WELLNESS MINISTRY** *heart, soul, mind strength*  
 Hebrews 10:25 “Let us not give up meeting together...but let us encourage one another.”

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Walking track open 8-4:30 M-Th 8-12:30 Friday. Janice Stewart, Wellness Coordinator Janice@fumct.org.	1  <b>Church Closed for Easter Monday He is risen!</b>	2 9:00 Linda TBC	3 9:00 Beth Senior Fitness  1:30 Linda YOGA	4	5 8:00 Janice Senior Fitness  9:00 Sheri STEP & SCULPT	Wellness is under community at <a href="http://www.fumct.org">www.fumct.org</a> . Join the <b>FUMCT Wellness Group</b> on Facebook
7  <b>Engaged in Missions Day 9-12</b>	8 8:00 Beth Senior Fitness 9:00 Janice HIIT Workout 1:30 Pickleball	9 9:00 Linda 20/20/20	10 9:00 Beth Senior Fitness  1:30 Linda YOGA	11	12 8:00 Janice Senior Fitness  9:00 Janice STEP & SCULPT	13
14  <b>Softball Recognition Sunday 11:00 Bridge</b>	15 8:00 Beth Senior Fitness 9:00 Janice Cardio Sculpt 1:30 Pickleball	16 9:00 Linda TBC	17 9:00 Janice Senior Fitness 1:30 Linda YOGA  <b>WIND DOWN WED. 5:30-7</b>	18	19 8:00 Beth Senior Fitness  9:00 Sheri 20/20/20	20
21	22 8:00 Beth Senior fitness 9:00 Janice Interval workout 1:30 Pickleball	23 9:00 Linda STEP & SCULPT	24 9:00 Beth Senior Fitness 1:30 Linda YOGA	25	26 8:00 Janice Senior Fitness  9:00 Sheri 20/20/20	27
28  <b><u>Senior Sunday Choir Concert at 11:00</u></b>	29 8:00 Beth Senior Fitness 9:00 Janice HIIT 1:30 Pickleball	30 9:00 Linda TBC		<b>Wind Down Wednesday-a night of calming and stress-relieving activities - massages, prayer, meditating</b>	<b>on Scripture, nature room, coloring, art, stretching, breath- ing and visualization exercises, gratitude and more...</b>	<b>Wind down- Wednesday April 17 5:30-7:00. Join us.</b>