

JULY 2024 METHODISTS IN MOTION FITNESS CLASSES

Part of the **FUMCT WELLNESS MINISTRY**

Focused on loving God with all our heart, soul, mind, & strength.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Check out Well-ness under Community at www.fumct.org	1 No classes	2 No classes	3 No classes	4 	5 No classes.	6
7 All Church Worship in Chitwood At 11:00.	8 8:00 Beth Senior Fitness 9:00 Janice 20/20/20 Pickleball 1:30-3	9 9:00 Linda TBC	10 9:00 Beth Senior Fitness 1:30 Linda YOGA	11	12 8:00 Janice Senior Fitness 9:00 Sheri Step & Sculpt	13
14 Worship at 9:00 Connections In sanctuary or 11:00 Traditions or Bridge	15 8:00 Beth Senior Fitness 9:00 Janice Interval Training Pickleball 1:30-3	16 9:00 Linda 20/20/20	17 9:00 Beth Senior Fitness 1:30 Linda YOGA	18	19 8:00 Janice Senior Fitness 9:00 Sheri Circuit Training	20
21 Worship at 9:00 Connections In sanctuary or 11:00 Traditions or Bridge	22 8:00 Janice Senior Fitness 9:00 Janice HIIT Workout Pickleball 1:30-3	23 9:00 Linda TBC	24 9:00 Beth Senior Fitness 1:30 Linda YOGA	25	26 8:00 Beth Senior Fitness 9:00 Sheri Step & Sculpt	27
28 Worship at 9:00 Connections In sanctuary or 11:00 Traditions or Bridge	29 8:00 Beth Senior Fitness 9:00 Janice Aerobics Workout Pickleball 1:30-3	30 9:00 Linda 20/20/20	31 9:00 Beth Senior Fitness 1:30 Linda/Janice YOGA FUMCT Worship night at The Venue		Love the Lord your God with all your heart, soul, mind, and strength.	