


# DECEMBER 2022 METHODISTS IN MOTION fitness classes

Part of the **FUMCT WELLNESS MINISTRY**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Walking track open M-Th 8:00-4:30 F—8:00-12:30 Track Closed Dec 26-Jan 3	Check out the FUMCT Advent Devotions	New start time for Senior fitness Class on / Wednesdays only <u>9:00</u>	1 	2 8:00 Janice Senior Fitness 9:00 Sheri STEP&SCULPT	3
4 December Wellness Focus - Breathe	5 8:00 Beth Senior Fitness 9:00 Janice HIIT Workout	6 9:00 Linda 20/20/20	7 9:00 Beth Senior Fitness  1:30 Linda YOGA	8	9 8:00 Janice Chair Yoga 9:00 Sheri STEP & PILATES	10 
11 Traditions Choir Christmas Concert 3:00 in Sanctuary	12 8:00 Beth Senior Fitness 9:00 Janice Interval Workout	13 9:00 Linda TBC	14 9:00 Beth Senior Fitness  1:30 Linda YOGA	15	16 8:00 Janice Senior Fitness 9:00 Sheri STEP&SCULPT	17
18 Bridge Christmas Music Special - 9:00 and 11:00 in Chitwood Hall	19 8:00 Beth Senior Fitness 9:00 Janice Cardio Sculpt	20 9:00 Linda TBC	21 No classes for the rest of the week.	22 	23	24 Traditions Services-2:00 & 4:00 Bridge Services- 3:00 & 5:00
25 MERRY CHRISTMAS!	26 Church, CAC, and walking track closed today.	27 Walking track closed this week.  No class this week.	28 All classes will resume Jan. 4, 2023	29	30	31 <u>HAPPY NEW YEAR 2023!</u>