


JUNE 2022 METHODISTS IN MOTION FITNESS CLASSES

Part of the FUMCT WELLNESS MINISTRY

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<p>CLASSES ARE HELD IN THE CHURCH ACTIVITY CENTER (205) 345-7261 Ext. 120</p>	<p>Love the Lord with all your heart, soul, mind & strength.</p>	<p><u>Wednesday</u> <u>Yoga classes will still start at 1:30 in the summer</u></p>	<p>1 8:00 Beth Senior Fitness <u>1:30</u> Yoga Linda</p>	<p>2</p>	<p>3 8:00 Janice Senior Fitness 9:00 Sheri STEP & SCULPT</p>	<p>4 BRING A MAT & WATER BOTTLE</p>
<p>5</p>	<p>6 8:00 Beth Senior Fitness 9:00 Janice HIIT</p>	<p>7 9:00 Linda STEP & SCULPT</p>	<p>8 8:00 Beth Senior Fitness <u>1:30</u> Yoga Linda</p>	<p>9</p>	<p>10 8:00 Janice Senior Fitness 9:00 Sheri STEP & PILATES</p>	<p>11 </p>
<p>12 VBS June 13-16 Monumental Celebrating God's greatness</p>	<p>13 8:00 Beth Senior Fitness 9:00 Janice Aerobics Workout</p>	<p>14 9:00 Linda TBC</p>	<p>15 8:00 Beth Senior Fitness <u>1:30</u> Yoga Sheri</p>	<p>16</p>	<p>17 8:00 Janice Senior Fitness 9:00 Sheri STEP & SCULPT</p>	<p>18</p>
<p>29 Father's Day</p>		<p>21 9:00 Linda STEP & SCULPT</p>	<p>22 8:00 Beth Senior Fitness <u>1:30</u> Yoga Linda</p>	<p>23</p>	<p>24 8:00 Janice Senior Fitness 9:00 Sheri TBC</p>	<p>25</p>
<p>26 Questions? Email Janice Stewart Janice@fumct.org</p>	<p>27 8:00 Beth Senior Fitness 9:00 Janice Aerobics Workout</p>	<p>28 9:00 Linda TBC</p>	<p>29 8:00 Beth Senior Fitness <u>1:30</u> Yoga Linda</p>	<p>30</p>	<p>NO CLASSES ON JULY 1st or JULY 4th</p>	<p>HAPPY 4th of July!!! Classes resume July 5h</p>