



JUNE 2024 METHODISTS IN MOTION FITNESS CLASSES

Part of the FUMCT WELLNESS MINISTRY

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
CLASSES ARE HELD IN THE CHURCH ACTIVITY CENTER	Check out the Wellness Page at www.fumct.org Under "community"	Questions? Email Janice Stewart Janice@fumct.org or call 205 345-7261, ext. 120	BRING A MAT & WATER BOTTLE			<i>Walk, swim, bike,, jump rope, hula hoop. Have fun!</i> 
2 FUMCT Summer schedule SS at 10 Worship at 11 in Traditions or Bridge	3 8:00 Beth Senior Fitness 9:00 Janice HIIT Pickleball 1:30	4 9:00 Linda 20/20/20	5 9:00 Beth Senior Fitness 1:30 Yoga Linda	6	7 8:00 Janice Senior Fitness 9:00 Janice STEP & SCULPT	8 NATIONAL FAMILY HEALTH & FITNESS DAY
9 VBS June 9-12 Scuba - Dive Deep	10 8:00 Beth Senior Fitness 9:00 Janice Circuit Training Pickleball 1:30	11 9:00 Linda TBC	12 9:00 Beth Senior Fitness 1:30 Yoga Janice	13	14 8:00 Janice Senior Fitness 9:00 Janice STEP & SCULPT	15
16 Father's Day	17 8:00 Beth Senior Fitness 9:00 Janice HIIT Pickleball 1:30	18 9:00 Linda 20/20/20 <i>10:30 - Fellowship time at Heritage House</i>	19 <i>Church closed for Juneteenth</i> <u>No classes</u>	20	21 8:00 Linda Senior Yoga 9:00 Linda TBC	22
23/30 Questions? Email Janice Stewart Janice@fumct.org	24 9:00 Sheri HIIT Pickleball 1:30	25 9:00 Linda TBC	26 1:30 Yoga Linda	27 Red Cross Blood Drive 11-4	28 8:00 Linda Senior Fitness 9:00 Sheri 20/20/20	29 Closed next week for July 4th. Classes resume on July 8th.