


FUMCT Wellness Ministry - OCTOBER 2024 Fitness

Striving

Sun	Mon	Tue	Wed	Thu	Fri	Sat
October is Children's Health Month	Pickleball - Mondays at 2. All are Welcome!	1 9:00 Linda 20/20/20	2 9:00 Beth Senior Fitness 1:30 Linda Yoga	3	4 8:00 Linda Senior Fitness 9:00 Linda STEP & SCULPT	
6 FUMCT Worship: Connections at 9 in Sanctuary. Bridge and Traditions at 11.	7 8:00 Beth Senior Fitness 9:00 Sheri HIIT 2:00 Pickleball	8 9:00 Linda TBC	9 9:00 Beth Senior Fitness 1:30 Linda Yoga	10	11 8:00 Linda Senior Fitness 9:00 Linda STEP & SCULPT	12 Www.fumct.org Find Wellness under "Community."
13	14 No classes- Church closed for Federal Holiday	15 9:00 Linda STEP & SCULPT	16 9:00 Beth Senior Fitness 1:30 Linda Yoga	17	18 8:00 Beth Senior Fitness 9:00 Linda 20/20/20	19 Join the FUMCT Wellness Group on Fb for latest info.
20	21 8:00 Beth Senior Fitness 9:00 Sheri Circuit Training 2:00 Pickleball	22 9:00 Linda TBC	23 9:00 Beth Senior Fitness 1:30 Linda Yoga	24	25 8:00 Linda Senior Fitness 9:00 Linda STEP & SCULPT	26
27	28 8:00 Beth Senior Fitness 9:00 Sheri HIIT 2:00 Pickleball	29 9:00 Linda 20/20/20	30 9:00 Beth Senior Fitness 1:30 Linda <u>Yoga in Callahan</u> On 2nd floor TRUNK or TREAT	31 	Walking track open M-Th 8:00 -4:30 and Fri. 8-12:30. Sign in at main office.	Wellness Coordinator-Janice Stewart janice@fumct.org. 205 345-7261 Ext. 120