




APRIL 2025 METHODISTS IN MOTION fitness classes

Part of the **FUMCT WELLNESS MINISTRY** *heart, soul, mind strength*
 Hebrews 10:25 “Let us not give up meeting together...but let us encourage one another.”

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|-----------------------------------|---|---|---|--|
| Walking track open 8-4:30 M-Th 8-12:30 Friday. Janice Stewart, Wellness Coordinator Janice@fumct.org. | | 1 9:00 Linda 20/20/20 | 2 9:00 Janice Senior Fitness 1:30 Linda Yoga WNA | 3 No 9:00 class tomorrow  | 4 8:00 Beth Senior Fitness NO 9:00 CLASS | Wellness is under community at www.fumct.org . Join the FUMCT Wellness Group on Facebook |
| 6 | 7 8:00 Beth Senior Fitness 9:00 Linda Aerobics Workout 2:00 Pickleball | 8 9:00 Janice 20/20/20 | 9 9:00 Beth Senior Fitness 1:30 Linda Yoga WNA | 10 | 11 8:00 Janice Senior Balance 9:00 Janice Step & Sculpt | 12 |
| 13 Palm Sunday & High School Seniors Sunday | 14 8:00 Beth Senior Fitness 9:00 Janice Circuit Training 2:00 Pickleball | 15 9:00 Linda 20/20/20 | 16 9:00 Beth Senior Fitness 1:30 Linda Yoga Spring Fling 5-7 at Capitol Park | 17 | 18 8:00 Janice Senior Balance 9:00 Janice Step & Sculpt | 19 |
| 20 Easter Services 6:00 Courtyard 9:00 Connections 11:00 Traditions 11:00 Bridge | 21 Church is closed. <i>He is risen indeed!</i> | 22 9:00 Linda Step & Sculpt | 23 9:00 Beth Senior Fitness 1:30 Linda Yoga | 24 | 25 8:00 Janice Senior Balance 9:00 Janice 20/20/20 | 26 |
| 27 Engage Day Register online for local mission work | 28 8:00 Beth Senior Fitness 9:00 Janice HIIT 2:00 Pickleball | 29 9:00 Linda TBC | 30 9:00 Beth Senior Fitness 1:30 Linda Yoga | |  |  QR code for 40 Days of Wellness |