

May 2023 METHODISTS IN MOTION fitness classes

One part of the FUMCT WELLNESS MINISTRY

Love the Lord your God with all your heart, mind, soul and strength.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Wind down Wednesday on May 3 - yoga, massages, laby- rinth, pet thera- py and more</i>	1 8:00 Beth Senior Fitness 9:00 Janice HIIT Workout	2 9:00 Linda Step & Sculpt Tomorrow's classes are in Callahan Aud.	3 <u>in CALLAHAN</u> 9:00 Beth Senior Fitness 1:30 Linda Yoga 5-7pm Wind down Wednesday WNA	4	5 8:00 Janice Senior Fitness 9:00 Sheri Step & Pilates	6 <i>May is Mental Health Awareness Month.</i>
7 <i>Special short term SS class at 10:00 in Rm.212 to discuss "Stretched Thin" sermons</i>	8 8:00 Beth Senior Fitness 9:00 Janice Cardio Sculpt	9 9:00 Linda TBC	10 9:00 Beth Senior Fitness 1:30 Linda Yoga	11	12 8:00 Janice Senior Fitness 9:00 Sheri Step & Sculpt	13
14 <u>10:00 in Rm 212</u> <i>SS class taught by Nisha Warbington</i>	15 8:00 Beth Senior Fitness 9:00 Janice Interval Workout	16 9:00 Linda Step & Sculpt	17 9:00 Beth Senior Fitness 1:30 Linda Yoga	18	19 8:00 Janice Chair Yoga 9:00 Janice 20/20/20	20
21 <u>10:00 in Rm 212</u> <i>"let's talk about mental health." last SS class.</i>	22 8:00 Beth Senior Fitness 9:00 Janice Interval workout	23 9:00 Linda TBC	24 9:00 Beth Senior Fitness 1:30 Linda Yoga	25	26 8:00 Janice Senior Fitness 9:00 Sheri Step & Sculpt	27
28	29 Church closed for Memorial Day No classes	30 9:00 Linda 20/20/20	31 9:00 Beth Senior Fitness 1:30 Linda Yoga			