



May 2024 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
			1 9:00 Beth Senior Fitness 1:30 Linda Yoga	2	3 8:00 Janice Senior Fitness 9:00 Sheri Step & Sculpt	4 <i>May is Mental Health Awareness Month.</i>
5	6 8:00 Beth Senior Fitness 9:00 Janice HIIT	7 9:00 Linda TBC	8 9:00 Beth Senior Fitness 1:30 Linda Yoga	9	10 8:00 Janice Senior Fitness 9:00 Sheri 20/20/20	11
12	13 8:00 Beth Senior Fitness 9:00 Janice Interval Workout	14 9:00 Linda Step & Sculpt	15 9:00 Beth Senior Fitness 1:30 Linda Yoga	16	17 8:00 Janice Senior Yoga 9:00 Sheri Step & Sculpt	18
19	20 8:00 Beth Senior Fitness 9:00 Janice 20/20/20	21 9:00 Linda TBC	22 9:00 Beth Senior Fitness 1:30 Linda Yoga Yoga	23	24 8:00 Janice Senior Fitness 9:00 Sheri Step & Sculpt	25
	27 Church closed for Memorial Day No classes	28 9:00 Linda 20/20/20	29 9:00 Beth Senior Fitness 1:30 Linda Yoga Yoga	30	31 8:00 Janice Senior Fitness 9:00 Janice Step & Sculpt	