



November 2024 METHODISTS IN MOTION fitness classes

Part of the FUMCT WELLNESS MIINSTRY - heart, soul, mind, strength

“Oh give thanks to the Lord, for He is good. His steadfast love endures forever.” Psalm 107:1

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Wellness Coordinator- Janice Stewart Janice@fumct.org	Love the Lord with all your heart, soul, mind and strength.				1 8:00 Janice Senior Balance 9:00 Linda STEP & SCULPT	2
3	4 8:00 Beth Senior Fitness 9:00 Janice HIIT Workout Pickleball 2:00	5 9:00 Linda TBC	6 9:00 Beth Senior Fitness 1:30 Linda YOGA	7	8 8:00 Janice Senior Balance 9:00 Janice Circuit Training	9
10 	11 FUMCT Closed for Veteran's Day	12 9:00 Linda 20/20/20	13 9:00 Beth Senior Fitness 1:30 Linda YOGA	14	15 8:00 Janice Senior Balance 9:00 Janice Circuit Training	16
17	18 8:00 Beth Senior Fitness 9:00 Janice 20/20/20 Pickleball 2:00	19 9:00 Linda TBC	20 9:00 Beth Senior Fitness 1:30 Linda YOGA	21	22 8:00 Janice Senior Balance 9:00 Linda STEP & SCULPT	23
24	25 8:00 Beth Senior Fitness 9:00 Janice Cardio Sculpt Pickleball 2:00	26 9:00 Linda STEP & SCULPT	27 NO CLASSES	28 	29 FUMCT Closed NO CLASSES	ALABAMA VS. AUBURN 