

APRIL 2023 METHODISTS IN MOTION fitness classes

Part of the FUMCT WELLNESS MINISTRY

SUN

MON



TUE

WED

THU

FRI

SAT

<p>Check out Sole to Soul Walking Groups At fumct.org</p>	<p>Join us for Wellness WNA April 12-May3</p> <p>Dinner at 5 Program at 6</p>	<p>Wellness WNA 12-General Nutri- tion Info 19-Nutrition info for specific needs</p>	<p>26-Sabbath Keep- ing</p>	<p>May 3 <u>Wind down</u> <u>Wednesday</u> a time to claim your calm</p>	<p>40 Days of Wellness— Feeding the Body, Mind, and soul continues until Easter</p>	<p>1 Find it on the Website on the wellness page and on the church app.</p>
<p>2 Palm Sunday Easter Egg Hunt & Spring Fling Camp Tuscoba 2-4</p>	<p>3 8:00 Janice Senior Fitness 9:00 Janice HIIT Workout</p>	<p>4 9:00 Linda STEP & PILATES</p>	<p>5 9:00 Beth Senior Fitness 1:30 Linda YOGA</p>	<p>6</p>	<p>7 8:00 Janice Senior Fitness 9:00 Sheri STEP& SCULPT</p>	<p>8</p>
<p>9 Easter </p>	<p>10 Church Closed For Easter Monday No classes.</p>	<p>11 9:00 Linda/Janice TBC</p>	<p>12 9:00 Beth Senior Fitness 1:30 Linda YOGA WNA –Nutrition</p>	<p>13</p>	<p>14 8:00 Janice Chair Yoga 9:00 Sheri 20/20/20</p>	<p>15</p>
<p>16 Engaged in Missions Day Register at fumct.org</p>	<p>17 8:00 Beth Senior fitness 9:00 Janice Interval workout</p>	<p>18 9:00 Linda STEP & SCULPT</p>	<p>19 9:00 Beth Senior Fitness 1:30 Linda YOGA WNA –Nutrition</p>	<p>20</p>	<p>21 8:00 Janice Senior Fitness 9:00 Sheri 20/20/20</p>	<p>22</p>
<p>23/30 23 -Softball Recognition Sunday <u>Go FUMCT!</u></p>	<p>24 8:00 Beth Senior Fitness 9:00 Janice CARDIO SCULPT</p>	<p>25 9:00 Linda TBC</p>	<p>26 9:00 Beth Senior Fitness 1:30 Linda YOGA WNA- Sabbath</p>	<p>27 Plank Time </p>	<p>28 8:00 Janice Senior fitness 9:00 Sheri STEP & SCULPT</p>	<p>29</p>