

FUMCT Wellness – heart, soul, mind, and strength

FUMCT Senior Fitness classes-

Monday & Friday at 8:00 am; Wednesday at 9:00 am.

These 50-minute classes include a warm-up, low impact cardio segment, resistance training using hand-weights or tubing, and stretching. Chairs are used for balance during standing toning work and for seated strength exercises.

Why should you join senior fitness classes at FUMCT?

To make sure you exercise safely. Classes are taught by certified instructors who answer questions and monitor form.

To get the benefits of all components of fitness (aerobic endurance, muscle strength, flexibility, and balance) in one workout.

To improve balance and preserve range of motion by working and stretching all muscle groups.

To prevent bone loss and encourage bone growth.

To maintain an active lifestyle and protect against falls.

To fight the physical causes of dementia with aerobic exercise and improve mental sharpness by following directions.

To be part of a group that provides support and fellowship.

**Questions? Contact Janice Stewart, Wellness Coordinator
205 345-7261 ext. 120; Janice@fumct.org.**