


February 2023 METHODISTS IN MOTION fitness classes

Part of the FUMCT WELLNESS MINISTRY

“Above all else guard your heart, for it is the wellspring of life.” Proverbs 4:23

Sun	Mon	Tue	Wed	Thu	Fri	Sat
February is Heart health Month	FEBRUARY WELLNESS THEME - NURTURE		1 9:00 Beth Senior Fitness 1:30 Linda Yoga 6:00 Janice Spirit Yoga	2	3 8:00 Janice Senior Fitness 9:00 Janice STEP & SCULPT	4 
Small group starts Feb. 6-Mondays 10:15 -11:30 discussing The Ignatian Workout—Exercises for a healthy faith	6 8:00 Beth Senior Fitness 9:00 Janice HIIT	7 9:00 Linda STEP & SCULPT	8 9:00 Beth Senior Fitness 1:30 Linda YOGA 6:00 Janice Spirit Yoga	9	10 <u>No classes</u> Volunteers needed to set up the store for Homeless Connect	11 LOVE INC EVENT AT FUMCT- HOMELESS CONNECT
12	13 8:00 Beth Senior Fitness 9:00 Janice Cardio Sculpt	14 9:00 Linda TBC	15 9:00 Beth Senior Fitness 1:30 Linda YOGA Special WNA	16	17 8:00 Janice Chair Yoga 9:00 Sheri STEP & SCULPT INTERVALS	18
19	20 Closed for President's Day	21 9:00 Linda STEP & PILATES	22 9:00 Beth Senior Fitness 1:30 Linda YOGA Ash Wed Services at 12 & 6	23 40 DAYS OF WELLNESS Starts on Ash Wednesday Feb 22	24 8:00 Janice Senior Fitness 9:00 Sheri Step & Sculpt	25
26 Girls' Softball Kickoff Event 2:00-3:30 in the CAC	27 8:00 Beth Senior Fitness 9:00 Janice Aerobics Workout	28 <u>Little Lambs Sale March 2-4</u>	<u>No classes Feb 28- March 3</u>	LENT 2022 40 DAYS OF WELLNESS - Feeding the body, mind, & soul.		Join the WELLNESS GROUP on the FUMCT Fb page