

AUGUST 2022 METHODISTS IN MOTION FITNESS CLASSES

Part of the FUMCT WELLNESS MINISTRY

SUN

MON


TUE

WED

THU

FRI

SAT

	1 8:00 Beth Senior Fitness 9:00 Janice AEROBICS WORKOUT	2 9:00 Linda TBC	3 8:00 Beth Senior Fitness 1:30 Linda YOGA	4	5 8:00 Janice Senior Fitness 9:00 Sheri STEP & SCULPT	6 COME JOIN US FOR FITNESS & FELLOWSHIP! 
7	8 8:00 Beth Senior Fitness 9:00 Janice INTERVAL WORKOUT	9 9:00 Linda TBC	10 8:00 Beth Senior Fitness 1:30 Linda YOGA	11	12 8:00 Janice Senior Fitness 9:00 Sheri STEP & CORE	13
14	15 8:00 Beth Senior Fitness 9:00 Janice AEROBICS WORKOUT	16 NO CLASS LITTLE LAMBS	17 NO CLASSES LITTLE LAMBS	18 LITTLE LAMBS	19 NO CLASSES LITTLE LAMBS	20
21	22 8:00 Beth Senior Fitness 9:00 Sheri INTERVAL WORKOUT	23 9:00 Linda STEP & SCULPT	24 8:00 Beth Senior Fitness 1:30 Linda Yoga WNA KICKOFF	25	26 8:00 Janice Senior Fitness 9:00 Sheri STEP & PILA- TES	27
28	29 8:00 Beth Senior Fitness 9:00 Janice HIIT	30 9:00 Linda TBC	31 8:00 Beth Senior Fitness 1:30 Janice Yoga WNA STARTS		Love the Lord your God with all your heart, soul, mind & strength.	29 