

# OCTOBER 2022 METHODISTS IN MOTION fitness classes

Part of the **FUMCT WELLNESS MINISTRY**

SUN

MON



TUE

WED

THU

FRI

SAT

<p>October is Children's Health Month</p>	<p><u>Wellness First Guest Speakers Series</u> - 6:pm Wednesdays Oct. 5-Nov. 16</p>	<p>Oct 5- Wade Langer Oct. 12 &amp; 19- Nisha Warbington, PhD</p>	<p>Nov. 2—Anne Halli-Tierney, MD Nov. 9—James Geyer, MD</p>	<p>Nov. 16— Sandy Felkins &amp; Jackie Greene  Please join us!</p>		<p>1  Sole to Soul Walking Groups Start soon</p>
<p>2</p>	<p>3 8:00 Beth Senior Fitness 9:00 Janice HIIT</p>	<p>4 9:00 Linda TBC</p>	<p>5 8:00 Beth Senior Fitness 1:30 Linda Yoga</p>	<p>6</p>	<p>7 8:00 Janice Senior Yoga 9:00 Sheri STEP &amp; SCULPT</p>	<p>8</p>
<p>9</p>	<p>10 8:00 Beth Senior Fitness 9:00 Janice Interval Training</p>	<p>11 9:00 Linda STEP &amp; SCULPT</p>	<p>12 8:00 Beth Senior Fitness 1:30 Linda Yoga</p>	<p>13 <b>American Red Cross Blood Drive</b> <b>11:00-4:00</b> <b>In the CAC</b></p>	<p>14 8:00 Linda Senior Fitness 9:00 Linda 20/20/20</p>	<p>15</p>
<p>16</p>	<p>17 8:00 Beth Senior Fitness 9:00 Janice Cardio Sculpt</p>	<p>18 9:00 Linda TBC</p>	<p>19 8:00 Beth Senior Fitness 1:30 Linda Yoga</p>	<p>20</p>	<p>21 8:00 Janice Senior Fitness 9:00 Janice STEP &amp; SCULPT</p>	<p>22</p>
<p>23/30 </p>	<p>24/31 8:00 Beth Senior Fitness 9:00 Janice Interval Training</p>	<p>25 9:00 Linda STEP &amp; SCULPT</p>	<p>26 8:00 Beth Senior Fitness 1:30 Linda Yoga in <u>Callahan</u>  TRUNK or TREAT</p>	<p>27 </p>	<p>28 8:00 Janice Senior Fitness 9:00 Sheri STEP &amp; SCULPT</p>	<p>29</p>