

SEPTEMBER 2022 METHODISTS IN MOTION FITNESS CLASSES

Part of the FUMCT WELLNESS MINISTRY

SUN

MON

TUE

WED

THU

FRI

SAT

<p>FREE CLASSES ARE HELD IN THE CHURCH ACTIVITY CENTER (CAC) 345-7261 Ext. 120</p>		<p>Love the Lord your God with all your heart, soul, mind, and strength.</p>		1	<p>2 8:00 Janice Senior Fitness</p> <p>9:00 Sheri STEP & SCULPT</p>	3
<p>4 ALL CHURCH WORSHIP 10:00 CHITWOOD HALL</p>	<p>5 LABOR DAY! CAC CLOSED</p>	<p>6 9:00 Linda STEP & SCULPT</p>	<p>7 8:00 Beth Senior Fitness</p> <p>1:30 Linda Yoga</p>	8	<p>9 8:00 Linda Senior Fitness</p> <p>9:00 Sheri TBC</p>	10
11	<p>12 8:00 Beth Senior Fitness</p> <p>9:00 Janice Aerobics Workout</p>	<p>13 9:00 Janice TBC</p>	<p>14 8:00 Beth Senior Fitness</p> <p>1:30 Linda Yoga</p>	15	<p>16 8:00 Linda Senior Fitness</p> <p>9:00 Linda STEP & SCULPT</p>	17
18	<p>19 8:00 Beth Senior Fitness</p> <p>9:00 Sheri Interval Workout</p>	<p>20 9:00 Linda TBC</p>	<p>21 8:00 Beth Senior Fitness</p> <p>1:30 Linda Yoga</p>	22	<p>23 8:00 Janice Senior Fitness</p> <p>9:00 Sheri Step & Core</p>	24
<p>25 GLOBAL MISSION EXPO</p>	<p>26 8:00 Beth Senior Fitness</p> <p>9:00 Janice Aerobics Workout</p>	<p>27 9:00 Linda STEP & SCULPT</p>	<p>28 8:00 Beth Senior Fitness</p> <p>1:30 Linda Yoga</p>	29	<p>30 8:00 Janice Senior Fitness</p> <p>9:00 Sheri STEP & SCULPT</p>	