


JANUARY 2023 METHODISTS IN MOTION fitness classes

Part of the FUMCT WELLNESS MINISTRY

Love the Lord your God with all your heart, soul, mind, and strength.

	Mon	Tue	Wed	Thu	Fri	Sat
1 HAPPY AND HEALTHY NEW YEAR!	2 Church and CAC closed for New Year's.	3 Classes resume on January 4th.	4 <u>9:00</u> Beth Senior Fitness 1:30 Linda Yoga		6 8:00 Janice Chair Yoga 9:00 Janice Step & Sculpt	7 Tell us how we can support your new year's goals!
8 Registration for girls' softball starts on January 9th	9 8:00 Beth Senior Fitness 9:00 Janice Cardio Sculpt	10 9:00 Linda TBC	11 <u>9:00</u> Beth Senior Fitness 1:30 Linda Yoga 6:00 Janice Spirit Yoga-WNA	12	13 8:00 Janice Senior Fitness 9:00 Sheri Step Interval	14
15 Jan 15-21 is National Healthy Weight Week	16 Church and CAC closed for MLK Holiday	17 9:00 Linda 20/20/20	18 <u>9:00</u> Beth Senior Fitness 1:30 Linda Yoga 6:00 Janice Spirit Yoga-WNA	19	20 8:00 Janice Senior Fitness 9:00 Sheri Step & Core	21
22	23 8:00 Beth Senior Fitness 9:00 Sheri HIIT	24 9:00 Linda TBC	25 <u>9:00</u> Beth Senior Fitness 1:30 Linda Yoga No Spirit Yoga	26	27 8:00 Linda Senior Fitness 9:00 Linda STEP & SCULPT	28
29	30 8:00 Beth Senior Fitness 9:00 Janice Cardio Workout	31 9:00 Linda TBC	Spirit Yoga is yoga for all levels with a focus on connecting to God.	Spirit Yoga includes a brief devotion and a verse to focus on during relaxation.		Get ready! Registration for Sole to Soul walking groups starts next month