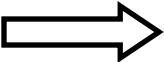


SEPTEMBER 2024 METHODISTS IN MOTION FITNESS CLASSES

Part of the **FUMCT WELLNESS MINISTRY**—heart, soul, mind, strength

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Prayer Journaling Small Group starts Monday, Sept 9 at 10:15 Taught by Janice</p>	<p>2 Happy Labor Day! Church Closed</p>	<p>3 9:00 Linda TBC</p>	<p>4 9:00 Beth Senior Fitness 1:30 Linda Yoga WNA</p>	<p>5</p>	<p>6 8:00 Janice Senior Fitness 9:00 Janice STEP & SCULPT</p>	<p>7</p>
<p>8 Worship with us: 9:00 Connections 11:00 Bridge or Traditions</p>	<p>9 8:00 Beth Senior Fitness 9:00 Janice Circuit Training 2:00 Pickleball</p>	<p>10 9:00 Linda 20/20/20 10:30 Janice Senior Fitness Balance Class</p>	<p>11 9:00 Beth Senior Fitness 1:30 Janice Yoga WNA</p>	<p>12</p>	<p>13 8:00 Janice Senior Fitness 9:00 Janice Step & SCULPT</p>	<p>14 FUMCT Women's Night- Discuss & Dine 6-9 pm</p>
<p>15 Prayer Journaling Mondays 10:15-11:30 On 2nd floor </p>	<p>16 8:00 Beth Senior Fitness 9:00 Janice HIIT Workout 2:00 Pickleball</p>	<p>17 9:00 Linda TBC 10:30 Janice Senior Fitness Balance Class</p>	<p>18 9:00 Beth Senior Fitness 1:30 Linda Yoga WNA</p>	<p>19</p>	<p>20 8:00 Janice Senior Fitness 9:00 Janice STEP & SCULPT</p>	<p>21</p>
<p>22</p>	<p>23 8:00 Beth Senior Fitness 9:00 Janice Aerobics Workout 2:00 Pickleball</p>	<p>24 9:00 Linda TBC 10:30 Janice Senior Fitness Balance Class</p>	<p>25 9:00 Beth Senior Fitness 1:30 Linda Yoga WNA</p>	<p>26</p>	<p>27 8:00 Janice Senior Fitness 9:00 Janice 20/20/20</p>	<p>28</p>
<p>29</p>	<p>30 8:00 Beth Senior Fitness 9:00 Janice Cardio Sculpt 2:00 Pickleball</p>		<p>Preregistration is required for Balance class. Email Janice@fumct.org</p>		<p>Join the FUMCT Wellness Group on Facebook for latest info</p>	<p>Janice Stewart Wellness Coordinator 205 345-7261, ext. 120 janice@fumct.org</p>