


MARCH 2024 METHODISTS IN MOTION fitness classes

Part of the FUMCT WELLNESS MINISTRY- heart, soul, mind, strength

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>40 Days of Wellness</u> Give up to Grow - A Lenten guide for Self-examination</p>	<p>Get it at www.fumct.org in Lent 2024 in More</p>	<p>Join Sole to Soul Walking groups!</p>	<p>Little Lambs Sale is setting up!</p> <p>No classes</p>	<p>LITTLE LAMBS SALE</p>	<p>1 LITTLE LAMBS No classes World Day of Prayer</p>	<p>2 LITTLE LAMBS</p>
<p>Special WNA Lenten Study by Robert Mont- gomery - Suffering, Lent , & Mental health 6:00 in Room 110</p>	<p>4 8:00 Beth Senior Fitness 9:00 Janice HIIT</p>	<p>5 9:00 Linda TBC</p>	<p>6 9:00 Beth Senior Fitness 1:30 Linda YOGA 6:00 guest speaker Bob Montgomery</p>	<p>7</p>	<p>8 8:00 Janice Senior Fitness 9:00 Sheri 20/20/20</p>	<p>9</p>
<p>10 SPRING BREAK March 11-15</p>	<p>11 8:00 Beth Senior Fitness 9:15 Janice Special surprise</p>	<p>12 9:00 Linda 20/20/20</p>	<p>13 9:00 Beth Senior Fitness 1:30 Linda YOGA</p> <p>No WNA</p>	<p>14</p>	<p>15 8:00 Janice Senior Fitness 9:00 Sheri STEP & SCULPT</p>	<p>16</p>
<p>17</p> 	<p>18 8:00 Beth Senior Fitness 9:00 Janice Aerobics Workout</p>	<p>19 9:00 Linda STEP & SCULPT</p>	<p>20 9:00 Beth Senior Fitness 1:30 Linda YOGA 6:00 Speaker Bob Montgomery</p>	<p>21</p>	<p>22 8:00 Janice Senior Fitness 9:00 Sheri STEP & SCULPT</p>	<p>23 FUMCT Girls softball games start at Sokol South 9-12</p>
<p>24 / Palm Sunday Spring Fling-2:00 at Camp Tuscoba. 31 - EASTER!</p>	<p>25 8:00 Beth Senior Fitness 9:00 Janice HIIT</p>	<p>26 9:00 Linda TBC</p>	<p>27 9:00 Beth Senior Fitness 1:30 Linda YOGA</p>	<p>28 6:00 Maundy Thursday service in sanctuary</p>	<p>29 8:00 Janice Senior Fitness 9:00 Sheri Step & Pilates 6:00 Good Friday In Chitwood</p>	<p>30 Get ready for Easter Services at 6:00, 9:00, & 11:00 am tomor- row. He is Risen indeed!</p>