


AUGUST 2024 METHODISTS IN MOTION FITNESS CLASSES

Part of the **FUMCT WELLNESS MINISTRY**

Love the Lord with all your heart, soul, mind, & strength. Mark 12:30

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Join the Wellness Group on the FUMCT Fb page for info.				1	2 8:00 Linda Senior Yoga 9:00 Linda 20/20/20	
	5 8:00 Beth Senior Fitness 9:00 Sheri CARDIO SCULPT Pickleball 1:30	6 8:30 Linda TBC Note time change	7 9:00 Beth Senior Fitness 1:30 Linda YOGA	8	9 8:00 Linda Senior Fitness 9:00 Linda STEP & SCULPT	10
11	12 8:00 Beth Senior Fitness 9:00 Sheri HIIT Pickleball 1:30	13 9:00 Linda 20/20/20	14 9:00 Beth Senior Fitness 1:30 Linda YOGA WNA starts	15	16 8:00 Linda Senior Fitness 9:00 Linda TBC	17
18 	19 8:00 Janice Senior Fitness 9:00 Janice INTERVAL	20 No classes. Little Lambs Sale	21 No classes. Little Lambs Sale	22 No classes. Little Lambs Sale	23 No classes. Little Lambs Sale	24 Questions? Email Janice Stewart at Janice@fumct.org
25	26 8:00 Beth Senior Fitness 9:00 Janice HIIT Pickleball 1:30	27 9:00 Linda TBC	28 9:00 Beth Senior Fitness 1:30 Linda YOGA WNA Kickoff	29	30 8:00 Janice Senior Fitness 9:00 Janice STEP & SCULPT	