


JUNE 2023 METHODISTS IN MOTION FITNESS CLASSES

Part of the FUMCT WELLNESS MINISTRY

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<p>CLASSES ARE HELD IN THE CHURCH ACTIVITY CENTER (205) 345-7261 Ext. 120</p>	<p><i>Love the Lord with all your heart, soul, mind & strength.</i></p>			1	2 8:00 Janice Senior Fitness 9:00 Sheri STEP & SCULPT	3 <i>BRING A MAT & WATER BOTTLE</i>
<p>4 Summer schedule SS at 10 Worship at 11 in Traditions or Bridge</p>	<p>5 8:00 Beth Senior Fitness 9:00 Janice HIIT Pickleball 1-3</p>	<p>6 9:00 Linda STEP & SCULPT</p>	<p>7 9:00 Janice Senior Fitness 1:30 Yoga Linda</p>	8	<p>9 8:00 Janice Senior Fitness 9:00 Sheri STEP & PILATES</p>	<p>10 </p>
<p>11 VBS June 13-16 Stellar - Shine Jesus Light</p>	<p>12 8:00 Beth Senior Fitness 9:00 Janice Aerobics Workout</p>	<p>13 9:00 Linda TBC</p>	<p>14 9:00 Beth Senior Fitness 1:30 Yoga Janice</p>	15	<p>16 8:00 Janice Senior Fitness 9:00 Sheri STEP & SCULPT</p>	<p>17 National Family Health & Fitness Day</p>
<p>18 Father's Day</p>	<p>19 Church closed for Juneteenth <u>No classes</u></p>	<p>20 9:00 Linda 20/20/20</p>	<p>21 9:00 Beth Senior Fitness 1:30 Yoga Linda Pickleball 3-4:30</p>	22	<p>23 8:00 Janice Senior Fitness 9:00 Sheri TBC</p>	24
<p>25 Questions? Email Janice Stewart Janice@fumct.org</p>	<p>26 8:00 Janice Senior Fitness 9:00 Janice Interval Workout Pickleball 1-3</p>	<p>27 9:00 Linda TBC</p>	<p>28 9:00 Janice Senior Fitness 1:30 Yoga Linda</p>	29	<p>30 8:00 Janice Senior Fitness 9:00 Sheri 20/20/20</p>	<p>HAPPY 4th of July!!! Classes resume July 5h</p>