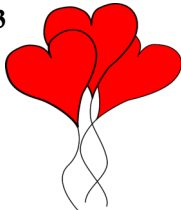


February 2025 METHODISTS IN MOTION fitness classes

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

“Above all else guard your heart, for it is the wellspring of life.” Proverbs 4:23

Sun	Mon	Tue	Wed	Thu	Fri	Sat
February is Heart health Month	Walking track open M-Th 8-4:30 and Friday 8-12:30 Check in at office		Check out Wellness programs at www.fumct.org . Find it under “community”			1
2	3 8:00 Beth Senior Fitness 9:00 Sheri HIIT 2:00 Pickleball	4 9:00 Linda TBC	5 9:00 Beth Senior Fitness 1:30 Linda YOGA	6	7 8:00 Linda Senior Balance 9:00 Linda Step & Sculpt	8
9	10 8:00 Beth Senior Fitness 9:00 Janice Cardio Sculpt 2:00 Pickleball	11 9:00 Linda 20/20/20	12 9:00 Beth Senior Fitness 1:30 Linda YOGA	13 	14 8:00 Janice Senior Balance 9:00 Janice Step & Sculpt Intervals	15
16	17 Church closed for President's Day	18 9:00 Linda TBC	19 9:00 Beth Senior Fitness 1:30 Linda YOGA	20	21 8:00 Linda Senior Balance 9:00 Linda Step & Sculpt	22
23	24 8:00 Janice Senior Fitness 9:00 Janice Aerobics Workout No pickleball	25 NO CLASSES <u>Little Lambs Sale</u> <u>Feb 29-Mar 2</u>	26 NO CLASSES <i>Beat the Winter Blues Wellness Event</i> <i>5-7pm</i>	27	28 NO CLASSES	Join the WELLNESS GROUP on the FUMCT Fb page