



DECEMBER 2024 METHODISTS IN MOTION fitness classes

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 2024 FUMCT Advent theme- the Heart of Christmas	2 8:00 Beth Senior Fitness 9:00 Janice 20/20/20 2:00 Pickleball	3 9:00 Linda TBC	4 9:00 Beth Senior Fitness 1:30 Linda Yoga 5- Angels & Advent	5 	6 8:00 Janice Senior Balance 9:00 Janice STEP & SCULPT	7
8 Traditions Music Special 11:00 in Sanctuary	9 8:00 Beth Senior Fitness 9:00 Janice HIIT Workout 2:00 Pickleball	10 9:00 Linda 20/20/20	11 9:00 Beth Senior Fitness 1:30 Linda YOGA	12	13 8:00 Janice Senior Balance 9:00 Janice STEP & SCULPT	14 
15 A Very Merry Bridge Christmas 11:00 in Chitwood Hall	16 8:00 Beth Senior Fitness 9:00 Janice Interval Workout 2:00 Pickleball	17 9:00 Janice 20/20/20	18 9:00 Beth Senior Fitness 1:30 Sheri YOGA	19	20 8:00 Janice Senior Balance 9:00 Linda STEP & SCULPT	21
22	23 No classes Dec. 23- Jan. 5th	24 Worship at the Bridge At 3:00 and 5:00 Or Traditions at 4:00 and 6:00	25 Merry Christmas! Church Closed	26 Church Closed	27 Church Closed	28
29 One church Service 11:00 in Sanctuary	30	31 Church Closed		Classes resume on Jan 6, 2025.	www.fumct.org Wellness is under the community heading.	<u>HAPPY</u> <u>NEW YEAR</u> <u>2025!</u>