





APRIL 2019

METHODISTS IN MOTION

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<p>MORE INFO CALL FUMC 345-7261 Ext. 120 Linda Dunn ldunn@fumct.org</p>	<p>1 8:00 Janice Senior Fitness 9:00 Janice INTERVAL WORKOUT</p>	<p>2 Traci STEP & SCULPT</p>	<p>3 8:00 Beth Senior Fitness 1:30 Linda YOGA 5:30 Linda TBC</p>	<p>4</p>	<p>5 8:00 Janice Senior Fitness 9:00 Traci STEP&SCULPT</p>	<p>6 </p>
<p>7 COME WORKOUT IN OUR FREE EXERCISE CLASSES !</p>	<p>8 8:00 Beth Senior Fitness 9:00 Janice AEROBICS WORKOUT</p>	<p>9 9:00 Linda STEP & SCULPT</p>	<p>10 8:00 Beth Senior Fitness 1:30 Fleta YOGA 5:30 Traci PILATES</p>	<p>11</p>	<p>12 8:00 Janice Senior Fitness 9:00 Traci STEP&SCULPT</p>	<p>13</p>
<p>14</p>	<p>15 8:00 Beth Senior Fitness 9:00 Janice INTERVAL WORKOUT</p>	<p>16 9:00 Linda STEP & SCULPT</p>	<p>17 8:00 Beth Senior Fitness 1:30 Linda YOGA 5:30 Linda TBC</p>	<p>18</p>	<p>19 8:00 Janice Senior Fitness 9:00 Beverly STEP & SCULPT</p>	<p>20</p>
<p>21 EASTER </p>	<p>22 Easter Monday CAC & CHURCH OFFICE CLOSED</p>	<p>23 9:00 Linda TBC</p>	<p>24 8:00 Beth Senior Fitness 1:30 Linda YOGA 5:30 Traci PILATES</p>	<p>25</p>	<p>26 8:00 Janice Senior Fitness 9:00 Linda STEP& SCULPT</p>	<p>27</p>
<p>28</p>	<p>29 8:00 Beth Senior Fitness 9:00 Janice AEROBICS WORKOUT</p>	<p>30 9:00 Linda STEP& SCULPT</p>		<p>Plank Time </p>		<p></p>