


JANUARY 2019

METHODISTS IN MOTION

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HAPPY AND HEALTHY NEW YEAR!	<u>FUMC</u> <u>EXERCISE</u> <u>CLASSES</u> <u>START AGAIN</u> <u>ON</u> <u>JANUARY 7th</u>	1 CHURCH OFFICE & CAC CLOSED	2 	3 WALK FOR YOUR HEALTH 10,000 STEPS A DAY	4	5 2019 IS HERE!
<u>6</u>	7 8:00 Beth Senior Fitness 9:00 Janice Aerobics Workout	8 9:00 Linda STEP & SCULPT	9 8:00 Beth Senior Fitness 1:30 Linda Yoga 5:30 Linda TBC	10	11 8:00 Janice Senior Fitness 9:00 Traci STEP & SCULPT	12
13	14 8:00 Beth Senior Fitness 9:00 Janice Interval Workout	15 9:00 Linda STEP & SCULPT	16 8:00 Beth Senior Fitness 1:30 Linda Yoga 5:30 Traci PILATES	17	18 8:00 Janice Senior Fitness 9:00 Traci STEP & SCULPT	19
20	21 CAC CLOSED MLK Holiday	22 9:00 Linda STEP & SCULPT	23 8:00 Beth Senior Fitness 1:30 Linda Yoga 5:30 Linda TBC	24	25 8:00 Janice Senior Fitness 9:00 Traci STEP & PILATES	26
27	28 8:00 Beth Senior Fitness 9:00 Janice Aerobics Workout	29 9:00 Linda TBC	30 8:00 Beth Senior Fitness 1:30 Janice Yoga 5:30 Traci PILATES	31		