

JULY 2018

FUMCT METHODISTS IN MOTION

SUN

MON

TUE

WED

THU

FRI

SAT

1 FREE FITNESS CLASSES IN CHURCH ACTIVITY CENTER FUMCT	2 NO CLASSES 	3 NO CLASSES	CAC CLOSED HAPPY & SAFE FOURTH OF JULY!	5 	6 NO CLASSES 	7
8	9 8:00 Beth/Janice Senior Fitness 9:00 Janice Interval Workout	10 9:00 Linda STEP & SCULPT	11 8:00 Beth Senior Fitness 1:15 Linda YOGA 5:30 Linda TBC	12	13 8:00 Janice Senior Fitness 9:00 Linda TBC	14
15	16 8:00 Beth Senior Fitness 9:00 Janice Aerobics Workout	17 9:00 Traci STEP & SCULPT	18 8:00 Beth Senior Fitness 1:15 Linda YOGA 5:30 Traci PILATES	19	20 8:00 Janice Senior Fitness 9:00 Beverly STEP & SCULPT	21
22	23 8:00 Beth Senior Fitness 9:00 Janice Interval Workout	24 9:00 Traci STEP & SCULPT	25 8:00 Beth Senior Fitness 1:15 Linda YOGA 5:30 Traci PILATES	26	27 8:00 Linda Senior Fitness 9:00 Beverly STEP & SCULPT	28
29	30 8:00 Beth Senior Fitness 9:00 Traci Aerobics Workout	31 9:00 Linda STEP & SCULPT				