

JULY 2020

METHODISTS IN MOTION

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<p>CALL FUMC 345-7261 EXT.120 LINDA DUNN FOR MORE INFO ldunn@fumct.org</p>	<p>HOME OF THE FREE BECAUSE OF THE BRAVE</p>	<p>NO CLASSES CAC CLOSED JULY 2 - 7</p>	<p>1 8:00 Beth Senior Fitness 1:15 Linda YOGA</p>	<p>2 </p>	<p>3 NO CLASSES CAC CLOSED JULY 2 - 7</p>	<p>4 </p>
<p>5</p>	<p>6 CLASSES START BACK JULY 8th</p>	<p>7</p>	<p>8 8:00 Beth Senior Fitness 1:15 Sheri YOGA</p>	<p>9</p>	<p>10 8:00 Janice Senior Fitness 9:00 Linda TBC</p>	<p>11</p>
<p>12</p>	<p>13 8:00 Beth Senior Fitness 9:00 Janice Aerobics Workout</p>	<p>14 9:00 Sheri STEP & S CULPT</p>	<p>15 8:00 Beth Senior Fitness 1:15 Linda YOGA</p>	<p>16</p>	<p>17 8:00 Janice Senior Fitness 9:00 Linda STEP & SCULPT</p>	<p>18</p>
<p>19</p>	<p>20 8:00 Beth Senior Fitness 9:00 Janice Interval Training</p>	<p>21 9:00 Linda STEP&SCULPT</p>	<p>22 8:00 Beth Senior Fitness 1:15 Linda YOGA</p>	<p>23</p>	<p>24 8:00 Linda Senior Fitness 9:00 Linda TBC</p>	<p>25</p>
<p>26</p>	<p>27 8:00 Beth Senior Fitness 9:00 Janice Aerobics Workout</p>	<p>28 9:00 Sheri STEP & SCULPT</p>	<p>29 8:00 Beth Senior Fitness 1:15 Linda YOGA</p>	<p>30</p>	<p>31 8:00 Janice Senior Fitness 9:00 Sheri STEP & SCULPT</p>	