



MARCH 2019

METHODISTS IN MOTION

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>TRY OUR FREE CLASSES IN FUMC CHURCH ACTIVITY CENTER</p>	<p>Any questions CONTACT Linda Dunn ldunn@fumct.org 345-7261 Ext. 120</p>				<p>1 8:00 Beth Senior Fitness 9:00 Traci STEP & SCULPT</p>	<p>2 TUSCALOOSA HEART WALK AMPHITHEATER 8:30 AM</p> 
3	<p>4 8:00 Beth Senior Fitness 9:00 Janice Aerobics workout</p>	<p>5 9:00 Beverly STEP & SCULPT</p>	<p>6 8:00 Beth Senior Fitness 1:30 Linda YOGA Ash Wednesday No 5:30 class</p>	7	<p>8 8:00 Janice Senior Fitness 9:00 Linda STEP & SCULPT</p>	9
<p>10 SPRING BREAK NO CLASSES SCHOOL IS OUT !</p>	<p>11 HAPPY SPRING BREAK</p>	12	<p>13 Linda YOGA 1:30 PM</p>	<p>14 HAPPY SPRING BREAK</p>	15	16
<p>17</p> 	<p>18 8:00 Beth Senior Fitness 9:00 Janice Interval Workout</p>	<p>19 9:00 Traci STEP & SCULPT</p>	<p>20 8:00 Beth Senior Fitness 1:30 Linda YOGA 5:30 Linda TBC</p>	21	<p>22 8:00 Janice Senior Fitness 9:00 Linda STEP & SCULPT</p>	23
24 / 31	<p>25 8:00 Beth Senior Fitness 9:00 Janice Aerobics workout</p>	<p>26 9:00 Linda TBC</p>	<p>27 8:00 Beth Senior Fitness 1:30 Fleta YOGA 5:30 Traci PILATES</p>	28	<p>29 8:00 Janice Senior Fitness 9:00 Traci STEP & SCULPT</p>	30