

MAY 2019

METHODISTS IN MOTION

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<p>CLASSES ARE HELD IN THE CHURCH ACTIVITY CENTER 345-7261 Ext. 120</p>	<p>Slowing down your breath is another way of slowing down your life.</p>		<p>1 8:00 Beth Senior Fitness 1:30 Janice Yoga 5:30 Traci PILATES</p>	<p>2</p>	<p>3 8:00 Janice Senior Fitness 9:00 Traci STEP & SCULPT</p>	<p>4</p>
<p>5</p>	<p>6 8:00 Beth Senior Fitness 9:00 Janice Aerobics Workout</p>	<p>7 9:00 Traci STEP & SCULPT</p>	<p>8 8:00 Beth Senior Fitness 1:30 Linda Yoga 5:30 Linda TBC</p>	<p>9</p>	<p>10 8:00 Janice Senior Fitness 9:00 Linda STEP & SCULPT</p>	<p>11</p>
<p>12 </p>	<p>13 8:00 Beth Senior Fitness 9:00 Janice Interval Workout</p>	<p>14 9:00 Linda STEP & SCULPT</p>	<p>15 8:00 Beth Senior Fitness 1:30 Linda Yoga 5:30 Linda PILATES</p>	<p>16</p>	<p>17 8:00 Janice Senior Fitness 9:00 Janice STEP & SCULPT</p>	<p>18</p>
<p>19</p>	<p>20 8:00 Beth Senior Fitness 9:00 Janice Aerobics Workout</p>	<p>21 9:00 Linda TBC</p>	<p>22 8:00 Beth Senior Fitness 1:30 Linda Yoga 5:30 Linda TBC</p>	<p>23 LAST SCHOOL DAY!</p>	<p>24 8:00 Janice Senior Fitness 9:00 Traci STEP & SCULPT</p>	<p>25</p>
<p>26</p>	<p>27 MEMORIAL DAY CAC IS CLOSED NO CLASSES TODAY!</p>	<p>28 9:00 Linda STEP & SCULPT</p>	<p>29 8:00 NO CLASS TODAY 1:30 Fleta Yoga 5:30 Traci PILATES</p>	<p>30</p>	<p>31 8:00 Linda Senior Fitness 9:00 Linda TBC</p>	