

February 2019

METHODISTS IN MOTION

SUN

MON

TUE

WED

THU

FRI

SAT

<p>Questions call Linda Dunn 345-7261 Ext. 28 ldunn@fumct.org</p>	<p>Free Classes meet in the Church Activity Center at FUMC</p>				<p>1 8:00 Janice Senior Fitness 9:00 Janice STEP & SCULPT</p>	<p>2</p>
<p>3</p>	<p>4 8:00 Beth Senior Fitness 9:00 Janice Aerobics Workout</p>	<p>5 9:00 Linda STEP & SCULPT</p>	<p>6 8:00 Beth Senior Fitness 1:30 Linda Yoga 5:30 Linda TBC</p>	<p>7</p>	<p>8 8:00 Janice Senior Fitness 9:00 Linda STEP & SCULPT</p>	<p>9</p>
<p>10</p>	<p>11 8:00 Beth Senior Fitness 9:00 Janice Interval Workout</p>	<p>12 9:00 Traci STEP & SCULPT</p>	<p>13 8:00 Beth Senior Fitness 1:30 Linda Yoga 5:30 Traci PLIATES</p>	<p>14 </p>	<p>15 8:00 Janice Senior Fitness 9:00 Beverly STEP & SCULPT</p>	<p>16</p>
<p>17 LITTLE LAMBS WEEK NO CLASSES FEB. 19—22</p>	<p>18 8:00 Beth Senior Fitness 9:00 Janice Aerobics Workout</p>	<p>19</p>	<p>20 LITTLE</p>	<p>21 LAMBS</p>	<p>22 SALE</p>	<p>23</p>
<p>24</p>	<p>25 8:00 Beth Senior Fitness 9:00 Janice Interval Workout</p>	<p>26 BLOOD DRIVE 11 AM—5 PM in CAC Please Donate</p>	<p>27 8:00 Beth Senior Fitness 1:30 Fleta Yoga 5:30 Traci PILATES</p>	<p>28</p>		<p>2 Tuscaloosa Heart Walk 8 AM Tuscaloosa Amphitheater</p>