I joined the Bee Fit Program in July, 2020. I had recently gone through a divorce, lost my job, moved to a new city, and my older sister passed away all within 1 month. It took all my energy to get dressed and drive to Bee Creek United Methodist Church (during a pandemic no less). But, once I was in the gym with the energy and positive spirit of Sue our instructor and the other members, my spirits just lifted. This program is like drinking an abundance of goodness, energy, positivity and God’s love.  Sue always adds motivational messages and scripture into our sessions. I can’t explain how I look forward to this program every week as it helps heal my soul.

I am extremely fortunate to be around such caring and loving individuals. Since I started, the program continues to grow with the number of attendees. It’s one of my toughest workouts during the week, but we all come back again, and again, and again. The positivity and energy increases everyone’s wellbeing.

Sincerely,

Susan Lambrou

Hi Sue,

Last year before covid with your guidance, the facility, and the other ladies’ support I had the best exercise I’ve had consistently for years.  Thank you!!!

Linda Cannon

Dear Sue,

My mother and I have been so thankful to find the Bee Fit program at Bee Creek United Methodist Church. It is a great class that allows us to attend together while it gives us a workout at our own levels. This has also been so important as it’s a respite and a positive stress release from our caregiving roles for school-aged children, aging in-laws and spouses with Alzheimer’s.

The class also provides a social connection to other women both in and out of the church. This has been so important to us in overcoming the sense of isolation that both caregiving and the pandemic have intensified this past year. Thank you, Sue and BCUMC for the camaraderie, encouragement, and the greater sense of spirit and self your program has fostered in us.

Ciao,

Ronda Spurlin

"I attend the free work out classes at BCUMC whenever I can. The fact that the classes are free and "covid friendly" are a huge benefit during these crazy times. Sue's knowledge, dedication and ability to motivate are a unique combination not always found even in an expensive gym. I have watched the other women around me grow stronger with each class. With that came a newfound confidence they didn't even know they had! The classes encompass all ages and levels. And many life long friendships have been formed in a very challenging time

Sent from my iPhone

Christine