STRENGTH & CONDITIONING



Barre class, inspired by ballet, focuses on full-body strength. Barre is a low-impact class that burns calories; works every muscle group; improves posture, balance, & flexibility, while promoting relaxation & toning.

BOOTCAMP • • • • • Looking to spice up your workout? This class will be different every day & designed to push participants harder than they have pushed themselves before, while always keeping the body guessing!

CARDIO CORE •••• A class geared toward variety! You'll be stepping on a bench, performing aerobic moves on the floor, & using the ball & body bars. A great all-inone workout incorporating cardiovascular, flexibility, & strength training!

CARDIO DRUMMING

Powerful beat & rhythm of the drums, using the stability ball that will get your feet stomping & your body moving. Simple movements on, with, & around the ball. Great workout for men & women. FUN! FUN! FUN!

CORE BURN • • • •

Have you ever tried to sit on a stability ball & keep your balance? Core Burn will help you appreciate how the ball activates & strengthens your core structure. Improve body awareness, balance, coordination, posture & joint mobility while using abdominal muscles you never knew you had.

CIRCUIT STRENGTH ••••

This full body strength training class to challenge those who want to see change in muscle tone & definition. Uses a variety of dumbbells, body bars, bands, & more. This class is for everyone, beginner & advanced.

Improve coordination, balance, & flexibility while learning basic punches, kicks, & combos. Burn calories, relieve stress, & have fun in this wholebody workout appropriate for all fitness levels & genders.

OUTDOOR BOOTCAMP ••••

Battle ropes, tractor tires, slam balls, and more! Enjoy the outdoors while challenging the body in a new way every class. This high intensity, fullbody workout will leave you burning calories for hours.

**In the case of inclement weather class will be moved indoors.

POUND® •••• Channel your inner rock star with this full-body cardio jam session inspired by infectious, sweat dripping fun of playing the drums. Instead of listening to music, you BECOME the music in this exhilarating workout combining cardio & strength training with yoga & pilates-inspired movements.

A workout for anyone looking to get lean, tone, & fit - FAST. Be ready to sweat to the music, challenge your strength & endurance, and work the total body!

AQUATICS

AOUA NOODLE ••••

Using the noodle for an upper body, lower body, and abdominal aerobic workout; you'll push it, pull it, float on it, balance on it, & get an awesome workout!

AQUA ZUMBA® • • • Splash your way into shape with an invigorating low-impact aquatic exercise. Known as the Zumba "pool party", it gives new meaning to the idea of a refreshing workout. Aqua Zumba blends it together into a workout that's cardio, body-toning, & exhilarating beyond belief.

SILVERSNEAKERS SPLASH® • • • • •

Splash offers shallow water moves to improve agility, flexibility & cardiovascular endurance. No swimming ability is required. Develop strength, balance, & coordination. Ideal for those with arthritis, as this class consists of range of motion, strengthening, & endurance.

UNLIMITED FITNESS CLASSES + GYM ACCESS

ONLY \$39 A MONTH!

12 month contract required

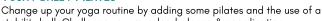
SIGN UP • In person - at FCHC Fitness

TODAY! • Online - https://fchcfitness.antaris.us/v2/kiosk/

Ask about rates for families, full-time students, and seniors

YOGA

YOGA / BALL / PILATES • • • • •



stability ball. Challenge your muscles, balance & coordination.

YOGA-INTERMEDIATE



VERAFIOW •••

Dance, stretch, & find your true flow in this class like nothing you have ever experienced. Finding the true flow as you stretch your body & train your mind to the rhythm of the music. VeraFlow is just what you need to feel completely relaxed & content. (Mat required)

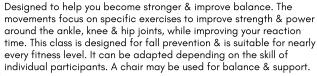
SUNRISE / SUNSET YOGA



Give yourself the gift of body awareness, strength, flexibility, & mindfulness in this class. This is a foundation class for those newer to yoga.

SENIOR ADULT

SILVERSNEAKERS STABILITY® •••••



SII VFRSNFAKFRS CLASSIC®



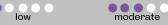
Designed to increase muscle strength, range of movement & improve activities for daily living. A chair is used for seated exercises & standing support & class can be modified depending on fitness levels.

SILVERSNEAKERS YOGA® ••••



Get ready to move through a complete series of seated & standing yoga poses. Chair support is offered so you can perform a variety of postures designed to increase flexibility, balance & range of movement. Restorative breathing exercises & final relaxation will promote stress reduction & mental

SilverSneakers classes are free to SilverSneakers® card holders, regular pricing applies to others.







	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Happy = MEMORIAL ** DAY **	5:30 AM-BOOTCAMP * 7:00 AM-SUNRISE YOGA * 8:00 AM-AQUA ZUMBA® 9:00 AM-AQUA ZUMBA® 10:00 AM-SS SPLASH® 10:45 AM-SS SPLASH® 11:30 AM-SS SPLASH® 5:30 PM-CARDIO DRUMMING * 6:30 PM-POUND® * 7:00 PM-SUNSET YOGA ARCHBOLD 4:30 PM-CIRCUIT STRENGTH 6:30 PM-YOGA/BALL/PILATES	8:30 AM-POUND® * 10:00 AM-SS CLASSIC® 11:00 AM-SS STABILITY® 4:30 PM-CIRCUIT STRENGTH * 5:30 PM-AQUA NOODLE 5:30 PM-CARDIO CORE * 6:30 PM-CORE BURN *	5:30 AM-BOOTCAMP 7:00 AM-SUNRISE YOGA * 8:00 AM-AQUA ZUMBA® 9:00 AM-AQUA ZUMBA® 10:00 AM-SS SPLASH® 10:45 AM-SS SPLASH® 11:30 AM-SS SPLASH® 5:30 PM-CARDIO DRUMMING * 6:30 PM-POUND® * 7:00 PM-SUNSET YOGA ARCHBOLD 4:30 PM-CIRCUIT STRENGTH	5:30 AM-BARRE * 8:30 AM-POUND® *	5 8:00 AM-OUTDOOR BOOTCAMP 9:00 AM-TOTAL BODY *
	5:30 AM-BARRE * 7 7:00 AM-SUNRISE YOGA * 8:30 AM-POUND® * 10:00 AM-SS CLASSIC® 11:00 AM-SS YOGA® 4:30 PM-CIRCUIT STRENGTH * 5:30 PM-CARDIO CORE * 6:30 PM-POUND® * ARCHBOLD 5:30 PM-VERAFLOW 6:30 PM-KICKBOXING	5:30 AM-BOOTCAMP * 7:00 AM-SUNRISE YOGA * 8:00 AM-AQUA ZUMBA® 9:00 AM-AQUA ZUMBA® 10:00 AM-SS SPLASH® 10:45 AM-SS SPLASH® 11:30 AM-SS SPLASH® 5:30 PM-CARDIO DRUMMING * 6:30 PM-POUND® * 7:00 PM-SUNSET YOGA ARCHBOLD 4:30 PM-CIRCUIT STRENGTH 6:30 PM-YOGA/BALL/PILATES	8:30 AM-POUND® * 10:00 AM-SS CLASSIC® 11:00 AM-SS STABILITY® 4:30 PM-CRCUIT STRENGTH * 5:30 PM-AQUA NOODLE 5:30 PM-CARDIO CORE * 6:30 PM-CORE BURN *	5:30 AM-BOOTCAMP * 7:00 AM-SUNRISE YOGA * 8:00 AM-AQUA ZUMBA® 9:00 AM-AQUA ZUMBA® 10:00 AM-SS SPLASH® 10:45 AM-SS SPLASH® 11:30 AM-SS SPLASH® 5:30 PM-CARDIO DRUMMING * 6:30 PM-POUND® * 7:00 PM-SUNSET YOGA ARCHBOLD 4:30 PM-CIRCUIT STRENGTH	5:30 AM-BARRE * 8:30 AM-POUND® *	8:00 AM-OUTDOOR BOOTCAMP 9:00 AM-TOTAL BODY *
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Password for RingCentral will change at noon on June 1st. An email with the new password will be sent out to all paid fitness class members.