UNLIMITED FITNESS CLASSES + GYM ACCESS



ONLY \$39 A MONTH!

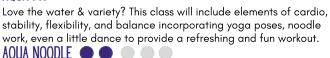
12 month contract required

Ask about our discounts for full-time students, seniors, and families



AQUATICS





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!

AOUA 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.

SLÍVERSNEAKERS SPLASH®

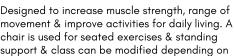




Splash offers shallow water moves to improve agility, flexibility & cardiovascular endurance. No swimming ability is required. Develop strength, balance, & coordination. Ideal for those with arthritis, as this class consists of range of motion, strengthening, & endurance exercises.

SENIOR ADULT

SILVERSNEAKERS CLASSIC®



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

YOGA

fitness levels.

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

low

STRENGTH & CONDITIONING



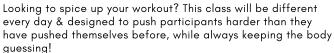


Inspired by ballet, this class focuses on full-body strength. Barre is a ow-impact class that burns calories; works every muscle group; improves posture, balance, & flexibility, while promoting relaxation & toning.

BOOTCAMP •







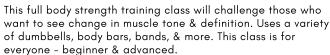
CARDIO CORE





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-in-one workout incorporating cardiovascular, flexibility, & strength training!

CIRCUIT STRENGTH

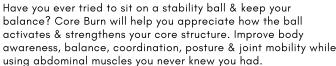


CORF BURN













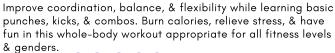


This full body, high-intensity. workout will focus on agility, strength, speed & foot skills all while using a 12x12 agility grid. Great for athletes!

KICKBOXING (







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.



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

MOVE & GROOVE



Get groovy while mixing low-intensity & high-intensity moves for an interval-style, calorie-burning session that will feel more like a dance party than a workout!



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Like us on Facebook for class schedule updates. FCHC Fitness		ALL CLASSES ARE 45 MINUTES IN DURATION.		6:30 AM-BARRE * 9:00 AM-GRID FIT*	9:00 AM-TOTAL BODY 10:00 AM-MOVE & GROOVE *
HAPPY A "JULY NDEPENDENCE DAY	5 7:00 AM-SUNRISE YOGA * 8:00 AM-POUND® * 8:00 AM-AQUA ZUMBA ® 9:00 AM-AQUA ZUMBA ® 10:00 AM-SS SPLASH® 11:00 AM-SS SPLASH® 4:30 PM-BARRE * 5:30 PM-DRUMS ALIVE * 6:30 PM-POUND® *	6:30 AM-BOOTCAMP * 8:00 AM-POUND® * 10:00 AM-SS CLASSIC® 4:30 PM-CIRCUIT STRENGTH * 5:30 PM-AQUA NOODLE 5:30 PM-CARDIO CORE * 6:30 PM-CORE BURN *	7 7:00 AM-SUNRISE YOGA * 8:00 AM-POUND® * 8:00 AM-AQUA ZUMBA ® 9:00 AM-AQUA ZUMBA ® 10:00 AM-SS SPLASH® 11:00 AM-SS SPLASH® 4:30 PM-BARRE * 5:30 PM-DRUMS ALIVE * 6:30 PM-POUND® *	8 6:30 AM-BARRE * 9:00 AM-GRID FIT*	9:00 AM-TOTAL BODY 10:00 AM-MOVE & GROOVE *
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Password for RingCentral will change at noon on July 1st. An email with the new password will be sent out to all paid fitness class members.