

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Like us on Facebook for class schedule updates.



FCHC Fitness

ALL CLASSES ARE 45 MINUTES IN DURATION.

1

2

4

5

6

7

8

9



4:30 PM—CIRCUIT STRENGTH  
5:30 PM—YOGA

11

12

13

14

15

16

5:30 PM—KICKBOXING  
6:30 PM—YOGA

4:30 PM—CIRCUIT STRENGTH  
5:30 PM—YOGA

18

19

20

21

22

23

5:30 PM—KICKBOXING  
6:30 PM—YOGA

4:30 PM—CIRCUIT STRENGTH  
5:30 PM—YOGA

25

26

27

28

29

30

5:30 PM—KICKBOXING  
6:30 PM—YOGA

4:30 PM—CIRCUIT STRENGTH  
5:30 PM—YOGA

ARCHBOLD  
RUIHLEY PARK PAVILION

JULY

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ALL CLASSES ARE 45 MINUTES IN DURATION.

1

2

4

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8

9



10:00AM—SS CLASSIC®

10:00AM—SS CLASSIC®

11

12

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16

10:00AM—SS CLASSIC®

10:00AM—SS CLASSIC®

18

19

20

21

22

23

10:00AM—SS CLASSIC®

10:00AM—SS CLASSIC®

25

26

27

28

29

30

10:00AM—SS CLASSIC®

10:00AM—SS CLASSIC®

SWANTON TRINITY UNITED METHODIST CHURCH

JULY