

DECEMBER

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



To sign up for classes, view On Demand Classes, and view the monthly Ring Central password log in to your online portal at: fchcfitness.antis.us OR contact the front desk.



1

10:00AM—SS CLASSIC®
6:00PM—YOGA

2

3

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10:00AM—SS CLASSIC®
6:00PM—YOGA

10:00AM—SS CLASSIC®
6:00PM—YOGA

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10:00AM—SS CLASSIC®
6:00PM—YOGA

10:00AM—SS CLASSIC®
6:00PM—YOGA

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10:00AM—SS CLASSIC®
6:00PM—YOGA

10:00AM—SS CLASSIC®
6:00PM—YOGA

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 4:30PM—CIRCUIT STRENGTH 5:30PM—TOTAL BODY	2	3
5 6:30PM—YOGA	6 4:30PM—CIRCUIT STRENGTH 5:30PM—TOTAL BODY	7 4:30PM—POUND®	8 4:30PM—CIRCUIT STRENGTH 5:30PM—TOTAL BODY	9	10
12 6:30PM—YOGA	13 4:30PM—CIRCUIT STRENGTH 5:30PM—TOTAL BODY	14 4:30PM—POUND®	15 4:30PM—CIRCUIT STRENGTH 5:30PM—TOTAL BODY	16	17
19 6:30PM—YOGA	20 4:30PM—CIRCUIT STRENGTH 5:30PM—TOTAL BODY	21 4:30PM—POUND®	22 4:30PM—CIRCUIT STRENGTH 5:30PM—TOTAL BODY	23	24
26 Merry Christmas	27	28 4:30PM—POUND®	29	30	31

ARCHBOLD
RUIHLEY PARK PAVILION