

Monday

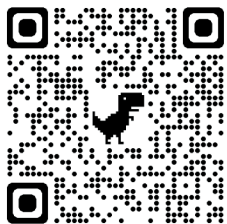
Tuesday

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.antaris.us OR
contact the front desk.

1

4:30PM—POUND®

2

4:30 PM—
CIRCUIT STRENGTH
5:30 PM—DRUMS ALIVE

3

4

6

5:30 PM—POUND®
6:30 PM—YOGA

7

8

4:30PM—POUND®

9

4:30 PM—
CIRCUIT STRENGTH
5:30 PM—DRUMS ALIVE

10

11

9-11 AM
**MARCH
MADNESS**
mash-up

13

5:30 PM—DRUMS ALIVE
6:30 PM—YOGA

14

4:30 PM—
CIRCUIT STRENGTH
5:30 PM—TOTAL BODY

15

4:30PM—POUND®

16

4:30 PM—
CIRCUIT STRENGTH
5:30 PM—DRUMS ALIVE

17

Happy
St. Patrick's
Day

18

20

5:30 PM—DRUMS ALIVE
6:30 PM—YOGA

21

4:30 PM—
CIRCUIT STRENGTH
5:30 PM—TOTAL BODY

22

4:30PM—POUND®

23

4:30 PM—
CIRCUIT STRENGTH
5:30 PM—DRUMS ALIVE

24

25

27

5:30 PM—DRUMS ALIVE
6:30 PM—YOGA

28

4:30 PM—
CIRCUIT STRENGTH
5:30 PM—TOTAL BODY

29

4:30PM—POUND®

30

4:30 PM—
CIRCUIT STRENGTH
5:30 PM—DRUMS ALIVE

31

ARCHBOLD
RUIHLEY PARK PAVILION

MARCH

Monday

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1

2

3

4

10:00AM—SS CLASSIC®

6

7

8

9

10

10:00AM—SS CLASSIC®

10:00AM—SS CLASSIC®

9-11 AM
**MARCH
MADNESS**
mash-up

13

14

15

16

17

18

10:00AM—SS CLASSIC®

10:00AM—SS CLASSIC®

Happy
St. Patrick's
Day

20

21

22

23

24

25

10:00AM—SS CLASSIC®

10:00AM—SS CLASSIC®

27

28

29

30

31

10:00AM—SS CLASSIC®

10:00AM—SS CLASSIC®

S W A N T O N
TRINITY UNITED METHODIST

M
A
R
C
H