

Monday

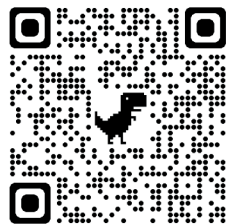
Tuesday

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.



UNLIMITED FITNESS CLASSES AND GYM ACCESS

ONLY \$39 A MONTH!

OR

10 CLASSES FOR \$50

1

3

4

5

6

7

8

10:00AM—SS CLASSIC®

10:00AM—SS CLASSIC®

10

11

12

13

14

15

10:00AM—SS CLASSIC®

10:00AM—SS CLASSIC®

17

18

19

20

21

22

10:00AM—SS CLASSIC®

10:00AM—SS CLASSIC®

24

25

26

27

28

29

10:00AM—SS CLASSIC®

10:00AM—SS CLASSIC®

9:00 - 11:00 AM



@ FCHC Fitness

SWANTON
TRINITY UNITED METHODIST

APRIL

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.



UNLIMITED FITNESS CLASSES AND GYM ACCESS

ONLY \$39 A MONTH!

OR

10 CLASSES FOR \$50

1

3

4

5

6

7

8

10

5:30 PM—DRUMS ALIVE
6:30 PM—YOGA

11

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

12

13

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

14

15

17

5:30 PM—DRUMS ALIVE
6:30 PM—YOGA

18

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

19

20

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

21

22

24

5:30 PM—DRUMS ALIVE
6:30 PM—YOGA

25

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

26

27

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

28

29

9:00 - 11:00 AM

POUND
FOR A PURPOSE

@ FCHC Fitness

ARCHBOLD
RUIHLEY PARK PAVILION

APRIL