

AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 UNLIMITED FITNESS CLASSES + GYM ACCESS ONLY \$42 A MONTH! <i>OR</i> 10 CLASSES FOR \$50 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	2
4 11:30 AM—SS CLASSIC®	5	6 11:30 AM—SS CLASSIC®	7	8	9
11 11:30 AM—SS CLASSIC®	12	13 11:30 AM—SS CLASSIC®	14 	15	16
18 11:30 AM—SS CLASSIC®	19	20 11:30 AM—SS CLASSIC®	21	22	23
25 11:30 AM—SS CLASSIC®	26	27 11:30 AM—SS CLASSIC®	28	29	30

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4 6:30 PM—YOGA	5	6	7	8	9
11 6:30 PM—YOGA	12	13	14 	15	16
18 6:30 PM—YOGA	19	20	21	22	23
25 6:30 PM—YOGA	26	27	28	29	30