

AQUATICS

AQUA NOODLE ●●●●●

Using the noodle for a full body aerobic workout; you'll push, pull, float & balance on it to get an awesome workout!

AQUA YOGA ●●●●●

Low-impact exercise that adapts yoga poses in the water with a goal of improving flexibility, balance, strength, & range of motion while alternating gentle movement with static stretching.

AQUA ZUMBA® ●●●●●

Splash your way into shape with an invigorating low-impact aquatic exercise. Known as the Zumba "pool party", it gives new meaning to the idea of a refreshing workout. Aqua Zumba blends it together into a workout that's cardio, body-toning, & exhilarating beyond belief.

SLIVERSNEAKERS SPLASH® ●●●●●

Splash offers shallow water moves to improve agility, flexibility & cardiovascular endurance. No swimming ability required. Ideal for those with arthritis, as this class consists of range of motion, strengthening, & endurance exercises.

CYCLING

CYCLE ●●●●●

Experience the heart-pumping, sweat-pouring, fat-burning benefits of cycle that will keep you coming back for more. Incorporating jumps, climbs, sprints & heart rate-boosting fat-burning intervals.

CYCLE 360 ●●●●●

Adds variety to the everyday cycling class & provides a total body workout. Cycle 360 combines the aerobic work of cycling with OFF the bike strength & core training-get the best of three formats in a single class, balancing muscles & avoiding burn out.

EXPRESS CYCLE ●●●●●

Short on time? Make sure you bring the energy to this 30-minute ride because before you know it, you'll be done!

SENIOR ADULT

SILVERSNEAKERS CLASSIC® ●●●●●

Designed to increase muscle strength, range of motion & improve activities for daily living. A chair is used for seated exercises & standing support & class can be modified depending on fitness levels.

SilverSneakers® classes are free to SilverSneakers® card holders, regular pricing applies to others.

YOGA

YOGA ●●●●●

Give yourself the gift of body awareness, strength, flexibility, & mindfulness in this class-open to all ages and experience levels. Enjoy yoga at your own pace with chair and mat modifications, or progressions available. A yoga class for all!

FUSION ●●●●●

Everything you love about Barre, Pilates, & Yoga all in one class! Strengthen, tone, stretch & more in this 45-min. class that hits it all.



STRENGTH & CONDITIONING

BARRE ●●●●●

Inspired by ballet, this class focuses on full-body strength. Barre is a low-impact class that burns calories; works every muscle group; improves posture, balance, & flexibility, while promoting relaxation & toning.

BOOTCAMP ●●●●●

Looking to spice up your workout? This class will be different every day to always keep the body guessing!

CARDIO CORE ●●●●●

A class geared toward variety! You'll be stepping on a bench, performing aerobic moves on the floor, & using the ball & body bars. A great all-in-one workout incorporating cardiovascular, flexibility, & strength training!

CIRCUIT STRENGTH ●●●●●

This full body strength training class will challenge those who want to see change in muscle tone & definition. Uses a variety of dumbbells, body bars, bands, & more. This class is for everyone - beginner & advanced.

CORE BURN ●●●●●

Have you ever tried to sit on a stability ball & keep your balance? Core Burn will help you appreciate how the ball activates & strengthens your core structure. Improve body awareness, balance, coordination, posture & joint mobility while using abdominal muscles you never knew you had.

DRUMS ALIVE ●●●●●

Powerful beat & rhythm of the drums, using the stability ball that will get your feet stomping & your body moving. Simple movements on, with & around the ball that intentionally raise & lower your heart rate for optimal calorie burn & cardiovascular benefit. FUN! FUN! FUN!

POUND® ●●●●●

Channel your inner rock star with this full-body cardio jam session inspired by infectious, sweat-dripping fun of playing the drums. You BECOME the music in this exhilarating workout combining cardio & strength training with yoga & pilates-inspired movements.

TOTAL BODY ●●●●●

For anyone looking to get lean, tone, & fit - FAST. Be ready to sweat to the music, challenge your strength & endurance, & work the total body!

360 TOTAL BODY ●●●●●



This class will incorporate the step 360 along with hand weights, bands & body bars to work all muscle groups as we increase strength, balance & flexibility while challenging our core muscles with each movement.

ZUMBA® ●●●●●

Take the "work" out of workout, by mixing low-intensity & high-intensity moves for an interval-style, calorie-burning dance fitness party including elements of Zumba® Toning for the added benefits of resistance training!



SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</div> 	<div>2</div> 6:00 AM—BOOTCAMP * 8:00 AM—POUND® * 8:00 AM—AQUA FIT 9:00 AM—AQUA FIT NO SS SPLASH 4:30 PM—BARRE * 5:30 PM—DRUMS ALIVE * 6:30 PM—POUND® *	<div>3</div> 9:00 AM—TOTAL BODY * 10:00 AM—SS CLASSIC® 4:30 PM—CIRCUIT STRENGTH * 5:30 PM—AQUA NOODLE 5:30 PM—CARDIO CORE * 6:30 PM—AQUA YOGA 6:30 PM—YOGA 6:30 PM—CORE BURN *	<div>4</div> 5:30 AM—BOOTCAMP * 8:00 AM—POUND® * 8:00 AM—AQUA FIT 9:00 AM—AQUA FIT 9:00 AM—YOGA * 10:00 AM—SS SPLASH® 11:00 AM—SS SPLASH® 4:30 PM—360 TOTAL BODY * 5:30 PM—DRUMS ALIVE * 6:30 PM—POUND® *	<div>5</div> 5:30 AM—BARRE * 8:00 AM—FUSION * 9:00 AM—EXPRESS CYCLE	<div>6</div> 8:00 AM—POUND® * 9:00 AM—DRUMS ALIVE * 10:00 AM—TOTAL BODY *
<div>8</div> 8:00 AM—BARRE * 8:15 AM—EXPRESS CYCLE 9:00 AM—TOTAL BODY * 10:00 AM—SS CLASSIC® 5:30 PM—CARDIO CORE * 5:30 PM—AQUA NOODLE 6:30 PM—360 TOTAL BODY *	<div>9</div> 5:30 AM—BOOTCAMP * 8:00 AM—POUND® * 8:00 AM—AQUA FIT 9:00 AM—AQUA FIT 9:00 AM—YOGA * 10:00 AM—SS SPLASH® 11:00 AM—SS SPLASH® 4:30 PM—BARRE * 5:30 PM—DRUMS ALIVE * 6:30 PM—POUND® *	<div>10</div> 8:15 AM—EXPRESS CYCLE 9:00 AM—TOTAL BODY * 10:00 AM—SS CLASSIC® 4:30 PM—CIRCUIT STRENGTH * 5:30 PM—AQUA NOODLE 5:30 PM—CARDIO CORE * 6:30 PM—AQUA YOGA 6:30 PM—YOGA 6:30 PM—CORE BURN *	<div>11</div> 5:30 AM—BOOTCAMP * 8:00 AM—POUND® * 8:00 AM—AQUA FIT 9:00 AM—AQUA FIT 9:00 AM—YOGA * 10:00 AM—SS SPLASH® 11:00 AM—SS SPLASH® 4:30 PM—360 TOTAL BODY * 5:30 PM—DRUMS ALIVE * 6:30 PM—POUND® *	<div>12</div> 8:00 AM—FUSION * 9:00 AM—EXPRESS CYCLE	<div>13</div> 8:00 AM—BARRE 8:00 AM—POUND® * 9:00 AM—CYCLE 9:00 AM—DRUMS ALIVE * 10:00 AM—CYCLE 360 * 10:00 AM—TOTAL BODY *
<div>15</div> 8:00 AM—BARRE * 8:15 AM—EXPRESS CYCLE 9:00 AM—TOTAL BODY * 10:00 AM—SS CLASSIC® 4:30 PM—CIRCUIT STRENGTH * 5:30 PM—EXPRESS CYCLE 5:30 PM—CARDIO CORE * 5:30 PM—AQUA NOODLE 6:30 PM—360 TOTAL BODY * 6:30 PM—AQUA YOGA	<div>16</div> 5:30 AM—BOOTCAMP * 8:00 AM—POUND® * 8:00 AM—AQUA FIT 9:00 AM—AQUA FIT 9:00 AM—YOGA * 10:00 AM—SS SPLASH® 11:00 AM—SS SPLASH® 4:30 PM—BARRE * 5:30 PM—DRUMS ALIVE * 6:30 PM—POUND® *	<div>17</div> 8:15 AM—EXPRESS CYCLE 9:00 AM—TOTAL BODY * 10:00 AM—SS CLASSIC® 4:30 PM—CIRCUIT STRENGTH * 5:30 PM—AQUA NOODLE 5:30 PM—CARDIO CORE * 6:30 PM—AQUA YOGA 6:30 PM—YOGA 6:30 PM—CORE BURN *	<div>18</div> 5:30 AM—BOOTCAMP * 8:00 AM—POUND® * 8:00 AM—AQUA FIT 9:00 AM—AQUA FIT 9:00 AM—YOGA * 10:00 AM—SS SPLASH® 11:00 AM—SS SPLASH® 4:30 PM—360 TOTAL BODY * 5:30 PM—EXPRESS CYCLE 6:30 PM—CORE BURN *	<div>19</div> 5:30 AM—BARRE * 8:00 AM—FUSION * 9:00 AM—EXPRESS CYCLE	<div>20</div> 8:00 AM—BARRE 8:00 AM—POUND® * 9:00 AM—CYCLE 9:00 AM—DRUMS ALIVE * 10:00 AM—CYCLE 360 * 10:00 AM—TOTAL BODY *
<div>22</div> 8:00 AM—BARRE * 8:15 AM—EXPRESS CYCLE 9:00 AM—TOTAL BODY * 10:00 AM—SS CLASSIC® 4:30 PM—CIRCUIT STRENGTH * 5:30 PM—EXPRESS CYCLE 5:30 PM—CARDIO CORE * 5:30 PM—AQUA NOODLE 6:30 PM—360 TOTAL BODY * 6:30 PM—AQUA YOGA	<div>23</div> 5:30 AM—BOOTCAMP * 8:00 AM—POUND® * 8:00 AM—AQUA FIT 9:00 AM—AQUA FIT 9:00 AM—YOGA * 10:00 AM—SS SPLASH® 11:00 AM—SS SPLASH® 4:30 PM—BARRE * 5:30 PM—DRUMS ALIVE * 6:30 PM—POUND® *	<div>24</div> 8:15 AM—EXPRESS CYCLE 9:00 AM—TOTAL BODY * 10:00 AM—SS CLASSIC® 4:30 PM—CIRCUIT STRENGTH * 5:30 PM—AQUA NOODLE 5:30 PM—CARDIO CORE * 6:30 PM—AQUA YOGA 6:30 PM—YOGA 6:30 PM—CORE BURN *	<div>25</div> 5:30 AM—BOOTCAMP * 8:00 AM—POUND® * 8:00 AM—AQUA YOGA 9:00 AM—AQUA YOGA 9:00 AM—YOGA * 10:00 AM—SS SPLASH® 11:00 AM—SS SPLASH® 4:30 PM—360 TOTAL BODY * 5:30 PM—EXPRESS CYCLE 5:30 PM—DRUMS ALIVE * 6:30 PM—POUND® *	<div>26</div> 5:30 AM—BARRE * 8:00 AM—FUSION * 9:00 AM—EXPRESS CYCLE	<div>27</div> 8:00 AM—BARRE 10:00 AM—TOTAL BODY *
<div>29</div> 8:00 AM—BARRE * 8:15 AM—EXPRESS CYCLE 9:00 AM—TOTAL BODY * 10:00 AM—SS CLASSIC® 4:30 PM—CIRCUIT STRENGTH * 5:30 PM—EXPRESS CYCLE 5:30 PM—CARDIO CORE * 5:30 PM—AQUA NOODLE 6:30 PM—360 TOTAL BODY * 6:30 PM—AQUA YOGA	<div>30</div> 5:30 AM—BOOTCAMP * 8:00 AM—POUND® * 8:00 AM—AQUA YOGA 9:00 AM—AQUA YOGA 9:00 AM—YOGA * 10:00 AM—SS SPLASH® 11:00 AM—SS SPLASH® 4:30 PM—BARRE * 5:30 PM—DRUMS ALIVE * 6:30 PM—POUND® *	<div> <p>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</p> <p>OR</p> <p>contact the front desk.</p> </div> <div>  </div> <div> <p>UNLIMITED FITNESS CLASSES AND GYM ACCESS</p> <p>ONLY \$42 A MONTH!</p> <p>OR</p> <p>10 CLASSES FOR \$50</p> </div>			



Password for RingCentral will change at noon on September 2nd.
 On Demand Classes and RingCentral password available to GET FIT members only.

*Denotes live virtual class via RingCentral