

NOVEMBER

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.antaris.us OR contact the front desk. 					
3 11:30 AM—SS CLASSIC®	4	5 11:30 AM—SS CLASSIC®	6	7	8
10 11:30 AM—SS CLASSIC®	11	12 11:30 AM—SS CLASSIC®	13	14	15
17 11:30 AM—SS CLASSIC®	18	19 11:30 AM—SS CLASSIC®	20	21	22
24 11:30 AM—SS CLASSIC®	25	26 11:30 AM—SS CLASSIC®	27 Happy Thanksgiving	28 TURKEY BURN 9:00-10:30am @ FCHC Fitness	29

S W A N T O N
TRINITY UNITED METHODIST CHURCH

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3 5:30 PM—CIRCUIT STRENGTH 6:30 PM—YOGA	4	5	6 4:30 PM—CIRCUIT STRENGTH 5:30 PM—YOGA	7	8
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ARCHBOLD
RUIHLEY PARK PAVILION