

DECEMBER

| Monday                     | Tuesday | Wednesday                  | Thursday                                                                                                                                                                                        | Friday | Saturday |
|----------------------------|---------|----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|----------|
| 1<br>11:30 AM—SS CLASSIC®  | 2       | 3<br>11:30 AM—SS CLASSIC®  | 4                                                                                                                                                                                               | 5      | 6        |
| 8<br>11:30 AM—SS CLASSIC®  | 9       | 10                         | 11                                                                                                                                                                                              | 12     | 13       |
| 15<br>11:30 AM—SS CLASSIC® | 16      | 17<br>11:30 AM—SS CLASSIC® | 18                                                                                                                                                                                              | 19     | 20       |
| 22<br>11:30 AM—SS CLASSIC® | 23      | 24                         | 25<br>Merry Christmas                                                                                                                                                                           | 26     | 27       |
| 29<br>11:30 AM—SS CLASSIC® | 30      | 31                         |  <div>UNLIMITED FITNESS CLASSES AND GYM ACCESS<br/>ONLY \$42 A MONTH!<br/>OR<br/>10 CLASSES FOR \$50</div> |        |          |

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| Monday                                                                    | Tuesday       | Wednesday     | Thursday                                                                              | Friday                                                                                                                                                                                                                                                   | Saturday      |
|---------------------------------------------------------------------------|---------------|---------------|---------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| <div>1</div> <div>5:30 PM—CIRCUIT STRENGTH</div> <div>6:30 PM—YOGA</div>  | <div>2</div>  | <div>3</div>  | <div>4</div> <div>4:30 PM—CIRCUIT STRENGTH</div> <div>5:30 PM—YOGA</div>              | <div>5</div>                                                                                                                                                                                                                                             | <div>6</div>  |
| <div>8</div> <div>5:30 PM—CIRCUIT STRENGTH</div> <div>6:30 PM—YOGA</div>  | <div>9</div>  | <div>10</div> | <div>11</div> <div>4:30 PM—CIRCUIT STRENGTH</div> <div>5:30 PM—YOGA</div>             | <div>12</div>                                                                                                                                                                                                                                            | <div>13</div> |
| <div>15</div> <div>5:30 PM—CIRCUIT STRENGTH</div> <div>6:30 PM—YOGA</div> | <div>16</div> | <div>17</div> | <div>18</div> <div>4:30 PM—CIRCUIT STRENGTH</div> <div>5:30 PM—YOGA</div>             | <div>19</div>                                                                                                                                                                                                                                            | <div>20</div> |
| <div>22</div> <div>5:30 PM—CIRCUIT STRENGTH</div> <div>6:30 PM—YOGA</div> | <div>23</div> | <div>24</div> | <div>25</div> <div>Merry Christmas</div>                                              | <div>26</div>                                                                                                                                                                                                                                            | <div>27</div> |
| <div>29</div> <div>6:30 PM—YOGA</div>                                     | <div>30</div> | <div>31</div> |  | <div>To sign up for classes,<br/>view On Demand Classes, and view<br/>the monthly Ring Central password<br/>log in to your online portal at:<br/><a href="http://fchcfitness.antis.us">fchcfitness.antis.us</a><br/>OR<br/>contact the front desk.</div> |               |

ARCHBOLD  
RUIHLEY PARK PAVILION