

FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 5:30 PM—CIRCUIT STRENGTH 6:30 PM—YOGA	3	4	5 4:30 PM—CIRCUIT STRENGTH 5:30 PM—YOGA	6	7 <i>Workout for the Heart</i> 9:00-10:30am @ FCHC Fitness
9 5:30 PM—CIRCUIT STRENGTH 6:30 PM—YOGA	10	11	12 4:30 PM—CIRCUIT STRENGTH 5:30 PM—YOGA	13	14 <i>Happy Valentine's Day</i>
16 6:30 PM—YOGA	17	18	19 5:30 PM—YOGA	20	21
23 5:30 PM—CIRCUIT STRENGTH 6:30 PM—YOGA	24	25	26 4:30 PM—CIRCUIT STRENGTH 5:30 PM—YOGA	27	28
To sign up for classes, view On Demand Classes, and view the monthly live stream password log in to your online portal at: fchcfitness.antis.us OR contact the front desk.  UNLIMITED FITNESS CLASSES & GYM ACCESS ONLY \$45 A MONTH! <i>OR</i> 10 CLASSES FOR \$60					

ARCHBOLD
RUIHLEY PARK PAVILLION

FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 11:30 AM—SS CLASSIC®	3	4 11:30 AM—SS CLASSIC®	5	6	7 Workout for the Heart 9:00-10:30am @ FCHC Fitness
9 11:30 AM—SS CLASSIC®	10	11 11:30 AM—SS CLASSIC®	12	13	14 Happy Valentine's Day
16 11:30 AM—SS CLASSIC®	17	18 11:30 AM—SS CLASSIC®	19	20	21
23 11:30 AM—SS CLASSIC®	24	25 11:30 AM—SS CLASSIC®	26	27	28
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