

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

To sign up for classes, view On Demand Classes, and view the monthly live stream password log in to your online portal at: fchcfitness.antaris.us OR contact the front desk.



UNLIMITED FITNESS CLASSES AND GYM ACCESS

ONLY \$45 A MONTH!

OR

10 CLASSES FOR \$60

1

2

4

5

6

7

8

9

11:30 AM—SS CLASSIC®

11:30 AM—SS CLASSIC®

11

12

13

14

15

16

11:30 AM—SS CLASSIC®

11:30 AM—SS CLASSIC®

18

19

20

21

22

23

11:30 AM—SS CLASSIC®

11:30 AM—SS CLASSIC®

25

26

27

28

29

30



MEMORIAL DAY

11:30 AM—SS CLASSIC®

SWANTON
TRINITY UNITED METHODIST CHURCH

MAY

Monday

Tuesday

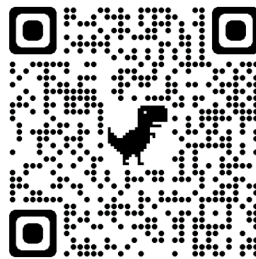
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4:30 PM—CIRCUIT STRENGTH

4:30 PM—CIRCUIT STRENGTH
5:30 PM—YOGA

11

12

13

14

15

16

4:30 PM—CIRCUIT STRENGTH
6:30 PM—YOGA

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5:30 PM—YOGA

18

19

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5:30 PM—YOGA

25

26

27

28

29

30



4:30 PM—CIRCUIT STRENGTH

ARCHBOLD RUIHLEY PARK PAVILION

MAY