

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1

2

3

4

5

6

11:30 AM—SS CLASSIC®

11:30 AM—SS CLASSIC®

8

9

10

11

12

13

11:30 AM—SS CLASSIC®

11:30 AM—SS CLASSIC®

15

16

17

18

19

20

11:30 AM—SS CLASSIC®

11:30 AM—SS CLASSIC®

5-7pm

Wine & Workout

@ Knotty Vines

22

23

24

25

26

27

11:30 AM—SS CLASSIC®

11:30 AM—SS CLASSIC®

29

30

11:30 AM—SS CLASSIC®

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 AND GYM ACCESS

ONLY \$45 A MONTH!

OR

10 CLASSES FOR \$60

JUNE

SWANTON
TRINITY UNITED METHODIST CHURCH

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1

2

3

4

5

6

4:30 PM—CIRCUIT STRENGTH
6:30 PM—YOGA

4:30 PM—CIRCUIT STRENGTH
5:30 PM—YOGA

8

9

10

11

12

13

4:30 PM—CIRCUIT STRENGTH
6:30 PM—YOGA

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15

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4:30 PM—CIRCUIT STRENGTH
6:30 PM—YOGA

5-7pm
Wine & Workout
@ Knotty Vines

22

23

24

25

26

27

4:30 PM—CIRCUIT STRENGTH

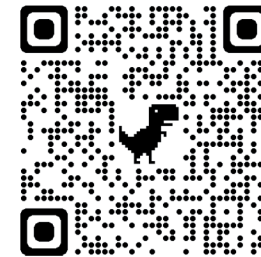
4:30 PM—CIRCUIT STRENGTH
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29

30

4:30 PM—CIRCUIT STRENGTH
6:30 PM—YOGA

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JUNE

ARCHBOLD
RUIHLEY PARK PAVILION