



# BETTER HEALTH STARTS HERE.

Columbus Community Hospital believes that total health care is more than just caring for patients when they are sick. Today, we are investing even more in our community's health and wellness. Our new Wellness Center is a state-of-the-art facility that offers expanded resources for our team to better serve the total health of the Columbus community.



## MONTHLY MEMBERSHIP PRICING

Individual	\$50
Family	\$80
Senior	\$40
Senior family	\$75

\*Additional fees may apply.

## FEATURES

-  Pool
-  Fitness classes
-  Water aerobics
-  Physical therapy
-  Exercise equipment

## Join today

or try a day pass for \$15.

Learn more at  
[ColumbusCH.com/Wellness](https://ColumbusCH.com/Wellness)

## HOURS OF OPERATION

**MON - THURS**

5:30 AM - 8 PM

**FRIDAY**

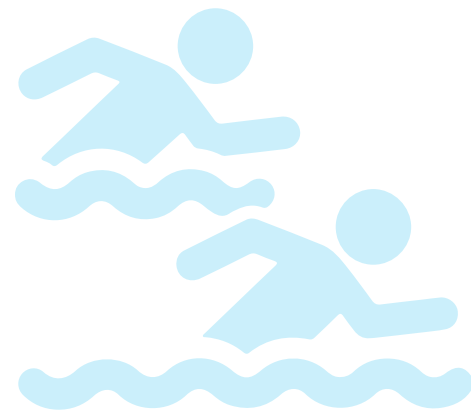
5:30 AM - 7 PM

**SATURDAY**

8:00 AM - 2 PM

**SUNDAY**

Closed












# GROUP FITNESS CLASS SCHEDULE

Join the Columbus Wellness Center today!

Try out our fitness classes with a day pass for \$15.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am AQUA FIT		6:00 am AQUA FIT			
9 am YOGA	9 am STEP	9 am ZUMBA GOLD	9 am YOGA	9 am ZUMBA GOLD	
10:30 am GENTLE YOGA	10:30 am MUSCLE MAGIC	10:30 am GENTLE YOGA	10:30 am MUSCLE MAGIC		
12:15 pm ARTHRITIS H2O	12:15 pm TOTAL BODY TONE	12:15 pm ARTHRITIS H2O	12:15 pm PILATES FUSION		
	5:15 pm AQUA FIT	5:15 pm YOGA	5:15 pm AQUA FIT		

## Class Descriptions

-  **Aqua Fit:** A water-based class with that uses high intensity moves for cardiovascular fitness. No swimming ability necessary. *45 min.*
-  **Arthritis H2O:** A low impact water class that is designed for members living with arthritis. *30 min.*
-  **Zumba Gold:** A low impact dance class with fun moves to contemporary music. *45 min.*
-  **Step:** A low impact cardio class that is taught on a bench. *45 min.*
-  **Pilates Fusion:** A barre-inspired mat class that stretches and tones using weights, balls, and bands. *45 min*
-  **Yoga:** A mind/body class using traditional yoga poses that will increase flexibility, stability and balance. *55-60min*
-  **Muscle Magic:** A class performed with a chair, focusing on balance and strength. *30 min.*
-  **Total Body Tone:** A class that works the entire body, using a variety of equipment. *30 min.*
-  **Gentle Yoga:** A yoga class performed with a chair, focusing on flexibility, strength, stability, and balance. *45 min.*