



# 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.

## HOURS OF OPERATION

**MON - THURS**

5:30 AM - 8 PM

**FRIDAY**

5:30 AM - 7 PM

**SATURDAY**

8:00 AM - 2 PM

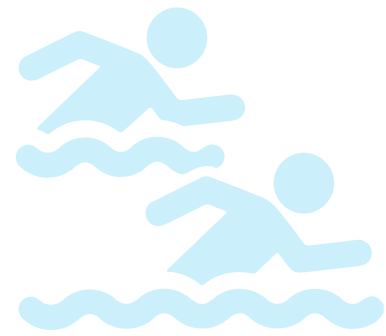
**SUNDAY**

Closed

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

# 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
6 am	AQUA FIT THE RIDE	THE RIDE	AQUA FIT THE RIDE	THE RIDE	THE RIDE
8am	THE RIDE	THE RIDE	PILATES	THE RIDE	THE RIDE
9 am	YOGA	STEP	ZUMBA GOLD	YOGA	ZUMBA GOLD
10 am	THE RIDE	THE RIDE	THE RIDE	THE RIDE	THE RIDE
10:30am	GENTLE YOGA	MUSCLE MAGIC	GENTLE YOGA	MUSCLE MAGIC	
12:15pm	ARTHRITIS H2O	TOTAL BODY TONE	ARTHRITIS H2O	PILATES FUSION	
12pm	THE RIDE	THE RIDE	THE RIDE	THE RIDE	THE RIDE
2pm	THE RIDE	THE RIDE	THE RIDE	THE RIDE	THE RIDE
4pm	THE RIDE	THE RIDE	THE RIDE	THE RIDE	THE RIDE
5:15pm		AQUA FIT		AQUA FIT	
6pm	THE RIDE	THE RIDE	THE RIDE	THE RIDE	THE RIDE

## 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:** A mat class that promotes strength, stability and flexibility using various types of equipment. *45 min*
-  **Pilates Fusion:** A mat class that stretches and tones using weights, balls, and bands. *30 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.*