

GROUP FITNESS

WITH CHRISTINA WILSON

January 6, 2025 - June 27, 2025 schedule

Your Instructor



Christina Wilson
CW Wellness by Design
CCS alumna

TUESDAY

5:00 - 6:00 PM

The deadline to sign up is 3pm the day of class

BIKE BOOTCAMP

Fort Hayes Health Science Building
Room 111 - Exercise Lab
590 Jack Gibbs Blvd
Columbus, OH 43215

REGISTER NOW ➔

WEDNESDAY

5:00 - 6:00 PM

The deadline to sign up is 3pm the day of class

MAT PILATES

Fort Hayes Health Science Building
Room 111 - Exercise Lab
590 Jack Gibbs Blvd
Columbus, OH 43215

REGISTER NOW ➔

THURSDAY

5:00 - 6:00 PM

The deadline to sign up is 3pm the day of class

CARDIO + STRENGTH

Fort Hayes Health Science Building
Room 111 - Exercise Lab
590 Jack Gibbs Blvd
Columbus, OH 43215

REGISTER NOW ➔

CANCELLATION/NO SHOW POLICY

Please note, if you sign up but can no longer attend class, it is your responsibility to cancel your spot at least 2 hours prior to the start of class. Repeated failure to cancel your spot in the time allotted or no-show three (3) times will disqualify you from participating in future classes. You can cancel class by [logging in to your account here](#). There are limited number of spots available for class and the CCS Staff Wellness Initiative pays a fee for late cancellations and no-shows.

CLASS DESCRIPTIONS



BIKE BOOTCAMP @ FORT HAYES

This class combines elements of indoor cycling with full-body strength training exercises. This hybrid workout aims to provide participants with a comprehensive and intense training session that enhances cardiovascular fitness, builds muscular strength, and promotes overall endurance. Come ready to work, be prepared to leave stronger.



MAT PILATES @ FORT HAYES

Join our dynamic Mat Pilates classes that blend the best of stretching, reflexology techniques, and core strengthening workouts. Experience an easy flow with just the right amount of challenge, all set to the energizing beats of hip hop and R&B. Perfect for those looking to enhance flexibility, build strength and vibe to great music!



CARDIO + STRENGTH @ FORT HAYES

Prepare to sweat and burn calories in this dynamic class that combines cardio and strength training. We'll incorporate resistance exercises to boost your heart rate and strengthen and sculpt your body. Get ready for a challenging workout that will leave you feeling accomplished and strong.

INSTRUCTIONS TO SIGN UP

- 1 Click on the registration link
- 2 Create an account if it's your first time (add name, email and phone number to be contacted for class updates/cancellations)
- 3 Select the class date
- 4 Click Sign Up
- 5 Change the sliding fee to \$0
- 6 Click Reserve my spot

PARKING AND DIRECTIONS



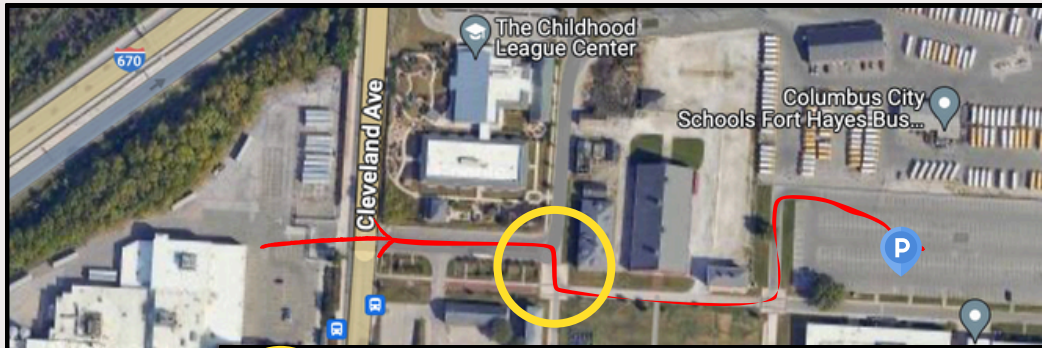
Fort Hayes Health Science Building
Room 111 - Exercise Lab
590 Jack Gibbs Blvd
Columbus, OH 43215

From Cleveland Avenue, pass Abbott Laboratories, until you reach the Fort Hayes Metropolitan HS entry way on the right. Turn right at the entrance



PARKING AND DIRECTIONS

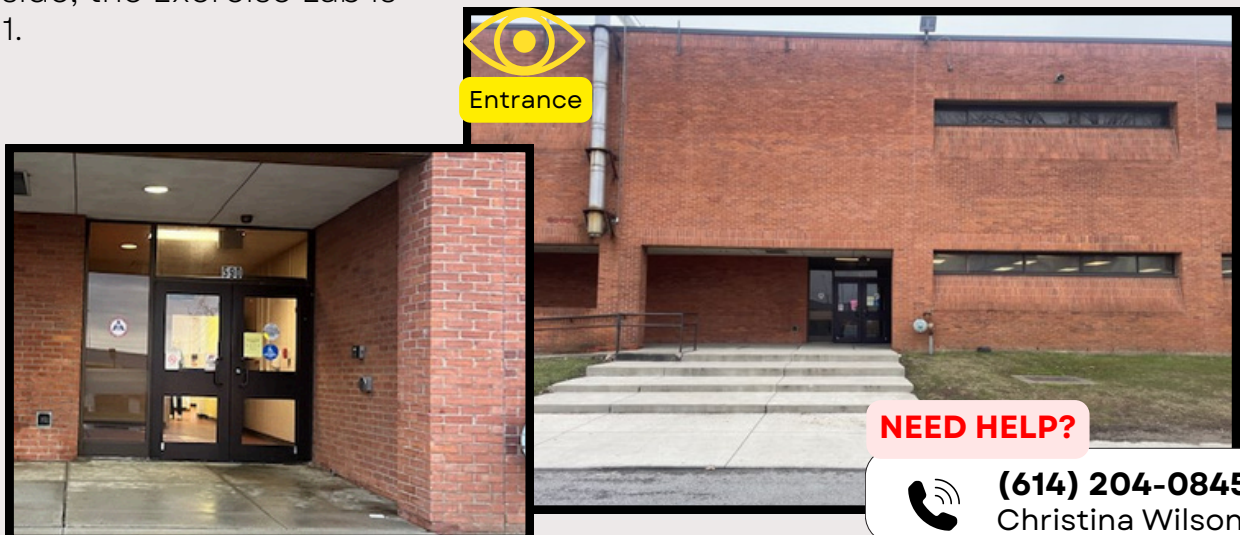
Keep going straight. Make a right then quick left where the road looks like a sidewalk. This is in fact a road and you can enter here.



Keep going straight until you reach the parking lot on the left hand side of the FHHS Construction Arts and Health Education Building.

The door entrance is labeled 590 in the doorway top panel. When facing the building, it is the door on the far right (see below image).

Once inside, the Exercise Lab is Room 111.



NEED HELP?



(614) 204-0845
Christina Wilson