

GROUP FITNESS

WITH CHRISTINA WILSON

Your Instructor



Christina Wilson
CW Wellness by Design
CCS alumna

October 1 - December 19, 2025 Schedule

TUESDAY

5:00 - 6:00 PM

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

THE POWER CIRCUIT

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

STRENGTH + STRETCH

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

POWER + FLOW

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



THE POWER CIRCUIT @ FORT HAYES

Jump into a dynamic, full-body workout designed to fit your pace and preferences. Whether you choose the bike, treadmill, elliptical, or your own rhythm, this class blends heart-pumping cardio with strength training circuits to build endurance, tone muscles, and boost energy. Accessible for all fitness levels, The Power Circuit encourages you to challenge yourself while honoring your body's needs. Get ready to feel strong, empowered, and energized for your day!



STRENGTH + STRETCH @ 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!



POWER + FLOW @ FORT HAYES

Power + Flow is a dynamic class that combines strength training with mobility work and restorative stretching. Expect powerful, intentional movements to build muscle and endurance, followed by flowing mobility drills and deep stretches to release tension and improve flexibility. Participants will leave feeling strong, balanced, and recharged—ready to move through life with power and ease.

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



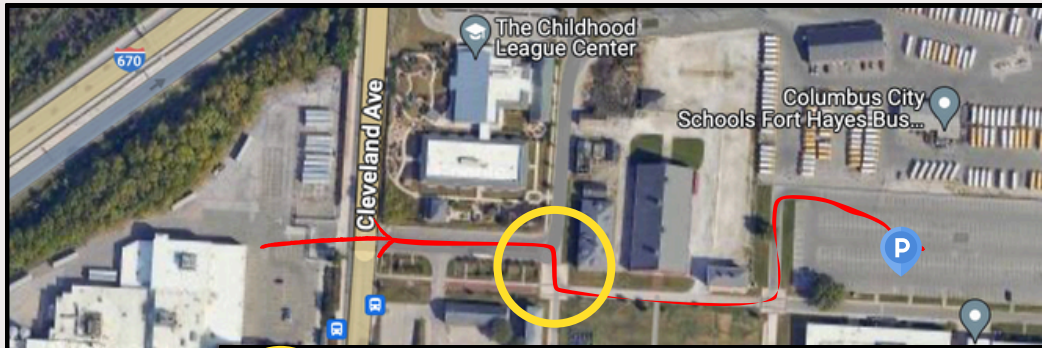
Fort Hayes Health Science Building
Room 111 - Exercise Lab
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Columbus, OH 43215

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

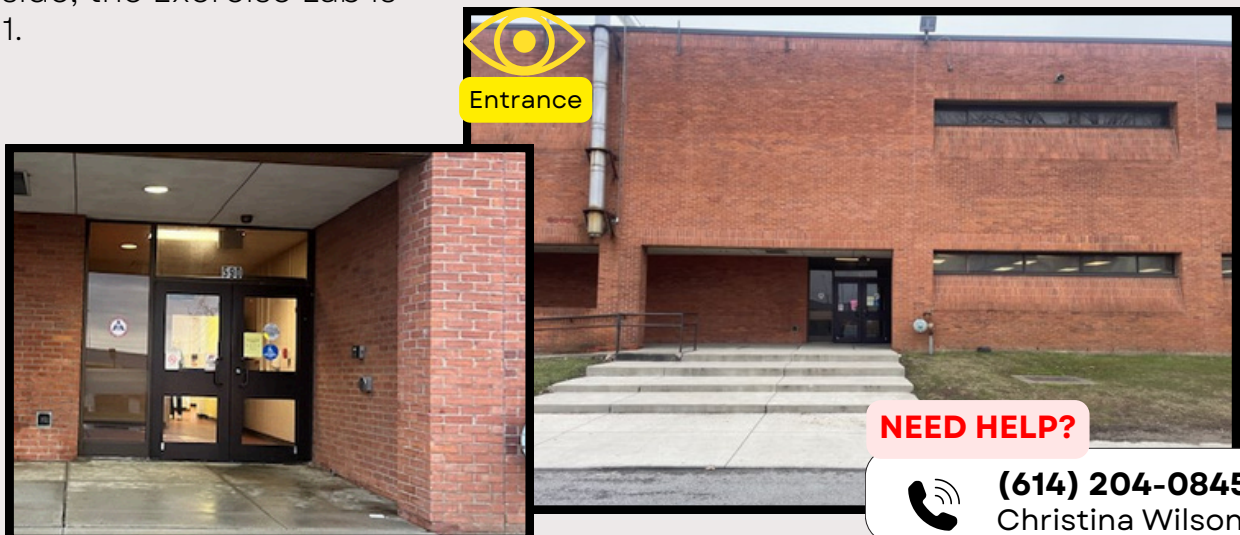
Keep going straight. Make a right then quick left where the road looks like a sidewalk. This is in fact a road and you can enter here.



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