

## 2023 FCC Membership Fee and Level Chart

FCC PROGRAMS 2023 -Offered at The FCC or via Zoom *Some programs may require a materials fee*	CLASSES OFFERED Free or \$5 per class	FCC BASICS MEMBERSHIP \$30 Annually (.60 a week)	FCC ANNUAL OR MONTHLY MEMBERSHIP SELECT (1) <u>\$20 per month</u> (As low as \$4.00 per week) <u>\$195 Annually</u> (As low as \$3.75 per week)
Art Classes*			✓
Barre Fitness			✓
Barrett Bird Club		✓	✓
Cardio Tone			✓
Cards, Puzzles & Board games		✓	✓
Chair yoga Twice Weekly			✓
Dance & Movement	Free	✓	✓
Educational Presentations/Health & Wellness Presentations	Free	✓	✓
FCC Foodies*		✓	✓
FCC Loss & Support Group	Free	✓	✓
French For Fun		✓	✓
In Stitches: Knitting & Crochet		✓	✓
Line Dancing		✓	✓
Mah Jongg		✓	✓
Men Get Fit (Twice Weekly)			✓
Outdoor Fitness Park	Free	✓	✓
Qi Gong			✓
Seated to the Beat			✓
Snowshoeing		✓	✓
Tone & Stretch			✓
Weekly Walkers		✓	✓
Women's Circle	Free	✓	✓
Yoga (Twice Weekly)			✓
Zumba & Pound- (Not included with an FCC Membership)	\$5 per class		

***This chart shows programs currently offered at The FCC, new programs may be introduced throughout the year. Visit our website or check at The FCC for the most up-to-date information and a complete list of programs.***