

## AQUATICS

### AQUA NOODLE ●●●●●

Using the noodle for a full body aerobic workout; you'll push, pull, float & balance on it to get an awesome workout!

### AQUA YOGA ●●●●●

Low-impact exercise that adapts yoga poses in the water with a goal of improving flexibility, balance, strength, & range of motion while alternating gentle movement with static stretching.

### AQUA ZUMBA® ●●●●●

Splash your way into shape with an invigorating low-impact aquatic exercise. Known as the Zumba "pool party", it gives new meaning to the idea of a refreshing workout. Aqua Zumba blends it together into a workout that's cardio, body-toning, & exhilarating beyond belief.

### SLIVERSNEAKERS SPLASH® ●●●●●

Splash offers shallow water moves to improve agility, flexibility & cardiovascular endurance. No swimming ability required. Ideal for those with arthritis, as this class consists of range of motion, strengthening, & endurance exercises.

## CYCLING

### CYCLE ●●●●●

Experience the heart-pumping, sweat-pouring, fat-burning benefits of cycle that will keep you coming back for more. Incorporating jumps, climbs, sprints & heart rate-boosting fat-burning intervals.

### CYCLE 360 ●●●●●

Adds variety to the everyday cycling class & provides a total body workout. Cycle 360 combines the aerobic work of cycling with OFF the bike strength & core training-get the best of three formats in a single class, balancing muscles & avoiding burn out.

### EXPRESS CYCLE ●●●●●

Short on time? Make sure you bring the energy to this 30-minute ride because before you know it, you'll be done!

## SENIOR ADULT

### SILVERSNEAKERS CLASSIC® ●●●●●

Designed to increase muscle strength, range of motion & improve activities for daily living. A chair is used for seated exercises & standing support & class can be modified depending on fitness levels.

SilverSneakers® classes are free to SilverSneakers® card holders, regular pricing applies to others.

## PILATES / YOGA

### PILATES ●●●●●

This mat-based class will focus on strength, stability, posture & control. Each movement will challenge the core, along with balancing strength & flexibility for each major muscle group.

### YOGA ●●●●●

Give yourself the gift of body awareness, strength, flexibility, & mindfulness in this class-open to all ages and experience levels. Enjoy yoga at your own pace with chair and mat modifications, or progressions available. A yoga class for all!

### FUSION ●●●●●

Everything you love about Barre, Pilates, & Yoga all in one class! Strengthen, tone, stretch & more in this 45-min. class that hits it all.

## STRENGTH & CONDITIONING

### BARRE ●●●●●

Inspired by ballet, this class focuses on full-body strength. Barre is a low-impact class that burns calories; works every muscle group; improves posture, balance, & flexibility, while promoting relaxation & toning.

### CARDIO CORE ●●●●●

A class geared toward variety! You'll be stepping on a bench, performing aerobic moves on the floor, & using the ball & body bars. A great all-in-one workout incorporating cardiovascular, flexibility, & strength training!

### CIRCUIT STRENGTH ●●●●●

This full body strength training class will challenge those who want to see change in muscle tone & definition. Uses a variety of dumbbells, body bars, bands, & more. This class is for everyone - beginner & advanced.

### CORE BURN ●●●●●

Have you ever tried to sit on a stability ball & keep your balance? Core Burn will help you appreciate how the ball activates & strengthens your core structure. Improve body awareness, balance, coordination, posture & joint mobility while using abdominal muscles you never knew you had.

### DRUMS ALIVE ●●●●●

Powerful beat & rhythm of the drums, using the stability ball that will get your feet stomping & your body moving. Simple movements on, with & around the ball that intentionally raise & lower your heart rate for optimal calorie burn & cardiovascular benefit. FUN! FUN! FUN!

### POUND® ●●●●●

Channel your inner rock star with this full-body cardio jam session inspired by infectious, sweat-dripping fun of playing the drums. You BECOME the music in this exhilarating workout combining cardio & strength training with yoga & pilates-inspired movements.

### TOTAL BODY ●●●●●

For anyone looking to get lean, tone, & fit - FAST. Be ready to sweat to the music, challenge your strength & endurance, & work the total body!

### 360 TOTAL BODY ●●●●●

This class will incorporate the step 360 along with hand weights, bands & body bars to work all muscle groups as we increase strength, balance & flexibility while challenging our core muscles with each movement.




### ZUMBA® ●●●●●

Take the "work" out of workout, by mixing low-intensity & high-intensity moves for an interval-style, calorie-burning dance fitness party including elements of Zumba® Toning for the added benefits of resistance training!



## Fitness Class Schedule October 2024

138 E. Elm Street,  
Wauseon, OH  
419.330.2724

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5:30 AM—Total Body* 8:00 AM—POUND** 8:00 AM—Cycle 360 8:00 AM—Aqua Zumba® 9:00 AM—Aqua Zumba® 9:00 AM—Yoga* 4:30 PM—Barre* 5:30 PM—Drums Alive* 6:30 PM—POUND** 7:30 PM—Zumba®	2 8:15 AM—Express Cycle 9:00 AM—Total Body* 10:00 AM—SS Classic® 4:30 PM—Circuit Strength* 5:30 PM—Aqua Noodle 5:30 PM—Cardio Core* 5:30 PM—Express Cycle 6:30 PM—Core Burn 7:30 PM—Yoga	3 5:30 AM—FUSION 8:00 AM—Total Body* 8:00 AM—Cycle 360 8:00 AM—Aqua Zumba® 9:00 AM—Aqua Zumba® 9:00 AM—Yoga 10:00 AM—SS Splash® 11:00 AM—SS Splash® 4:30 PM—Cycle 360 7:30 PM—Zumba®	4 8:00 AM—FUSION	5 8:00 AM—POUND** 9:00 AM—Drums Alive* 9:00 AM—Cycle 10:00 AM—Cycle 360 10:00 AM—Total Body*
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