

AQUATICS

AQUA FIT ●●●●●

Love the water & variety? This class will include elements of cardio, stability, flexibility, strength & balance, even incorporating dance to provide a refreshing & fun workout.

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 to improve flexibility, balance, strength, & range of motion while alternating gentle movement with static stretching.

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 by combining 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 burnout.

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. Use a chair 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

YOGA ●●●●●

Give yourself the gift of body awareness, strength, flexibility, & mindfulness in this class-open to all ages & experience levels. Enjoy yoga at your own pace with chair & 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 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.

MOVE & GROOVE ●●●●●

Get groovy while mixing low-intensity & high-intensity moves for an interval-style, calorie-burning session that will feel more like a dance party than a workout!

●●●●●
low

●●●●●
moderate

●●●●●
high



Fitness Class Schedule

August 2025

138 E. Elm Street,
Wauseon, OH
419.330.2724

Monday

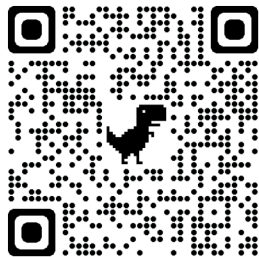
Tuesday

Wednesday

Thursday

Friday

Saturday



UNLIMITED FITNESS CLASSES+GYM ACCESS

ONLY \$42 A MONTH! OR **10 CLASSES FOR \$50**

To sign up for classes, view On Demand Classes,
and view the monthly Ring Central password log
in to your online portal at:
fchcfitness.antis.us OR contact the front desk.



6:00 AM-BARRE *
8:00 AM-FUSION *
9:00 AM-EXPRESS CYCLE

8:00 AM-BOOTCAMP *
9:00 AM-CYCLE
9:00 AM-YOGA *
10:00 AM-TOTAL BODY *
10:00 AM-CYCLE 360

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8:00 AM-BARRE *
8:15 AM-EXPRESS CYCLE
9:00 AM-TOTAL BODY *
10:00 AM-SS CLASSIC®
4:30 PM-CIRCUIT STRENGTH *
5:30 PM-CARDIO CORE *
5:30 PM-AQUA NOODLE
6:30 PM-360 TOTAL BODY *
6:30 PM-AQUA YOGA

5
6:00 AM-BOOTCAMP *
8:00 AM-POUND® *
8:00 AM-AQUA FIT
9:00 AM-AQUA FIT
9:00 AM-YOGA *
10:00 AM-SS SPLASH®
11:00 AM-SS SPLASH®
4:30 PM-BARRE *
5:30 PM-DRUMS ALIVE *
6:30 PM-POUND® *

6
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 *
6:30 PM-YOGA
6:30 PM-CORE BURN *

7
6:00 AM-BOOTCAMP *
8:00 AM-POUND® *
8:00 AM-AQUA FIT
9:00 AM-AQUA FIT
9:00 AM-YOGA *
10:00 AM-SS SPLASH®
11:00 AM-SS SPLASH®
4:30 PM-BARRE
4:30 PM-360 TOTAL BODY *
5:30 PM-DRUMS ALIVE *

8
6:00 AM-BARRE *
8:00 AM-FUSION *
9:00 AM-EXPRESS CYCLE

9
8:00 AM-BOOTCAMP *
9:00 AM-CYCLE
9:00 AM-FUSION *
10:00 AM-TOTAL BODY *
10:00 AM-CYCLE 360

11
8:15 AM-EXPRESS CYCLE
9:00 AM-TOTAL BODY *
10:00 AM-SS CLASSIC®
5:30 PM-CARDIO CORE *
5:30 PM-AQUA NOODLE
6:30 PM-360 TOTAL BODY *

12
6:00 AM-BOOTCAMP *
8:00 AM-POUND® *
8:00 AM-AQUA FIT
9:00 AM-AQUA FIT
9:00 AM-YOGA *
10:00 AM-SS SPLASH®
11:00 AM-SS SPLASH®
4:30 PM-BARRE *
5:30 PM-DRUMS ALIVE *
6:30 PM-POUND® *

13
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 *
6:30 PM-YOGA
6:30 PM-CORE BURN *

14
6:00 AM-BOOTCAMP *
8:00 AM-POUND® *
8:00 AM-AQUA FIT
9:00 AM-AQUA FIT
9:00 AM-YOGA *
10:00 AM-SS SPLASH®
11:00 AM-SS SPLASH®
5:00-7:00pm
BACK TO SCHOOL
THROUGH THE DECADES

15
6:00 AM-BARRE *
8:00 AM-FUSION *
9:00 AM-EXPRESS CYCLE

16
8:00 AM-POUND® *
9:00 AM-CYCLE
9:00 AM-DRUMS ALIVE *
10:00 AM-TOTAL BODY *
10:00 AM-CYCLE 360

18
8:00 AM-BARRE *
8:15 AM-EXPRESS CYCLE
9:00 AM-TOTAL BODY *
10:00 AM-SS CLASSIC®
4:30 PM-CIRCUIT STRENGTH *
5:30 PM-CARDIO CORE *
5:30 PM-AQUA NOODLE
6:30 PM-360 TOTAL BODY *
6:30 PM-AQUA YOGA

19
5:30 AM-BOOTCAMP *
8:00 AM-POUND® *
8:00 AM-AQUA FIT
9:00 AM-AQUA FIT
9:00 AM-YOGA *
10:00 AM-SS SPLASH®
11:00 AM-SS SPLASH®
4:30 PM-BARRE *
5:30 PM-DRUMS ALIVE *
6:30 PM-POUND® *

20
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 *
6:30 PM-YOGA
6:30 PM-CORE BURN *

21
5:30 AM-BOOTCAMP *
8:00 AM-POUND® *
8:00 AM-AQUA FIT
9:00 AM-AQUA FIT
9:00 AM-YOGA *
10:00 AM-SS SPLASH®
11:00 AM-SS SPLASH®
4:30 PM-BARRE
4:30 PM-360 TOTAL BODY *
5:30 PM-DRUMS ALIVE *

22
5:30 AM-BARRE *
8:00 AM-FUSION *
9:00 AM-EXPRESS CYCLE

23
8:00 AM-POUND® *
9:00 AM-CYCLE
9:00 AM-YOGA *
10:00 AM-TOTAL BODY *
10:00 AM-CYCLE 360

25
8:00 AM-BARRE *
8:15 AM-EXPRESS CYCLE
9:00 AM-TOTAL BODY *
10:00 AM-SS CLASSIC®
4:30 PM-CIRCUIT STRENGTH *
5:30 PM-CARDIO CORE *
5:30 PM-AQUA NOODLE
6:30 PM-360 TOTAL BODY *
6:30 PM-AQUA YOGA

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5:30 AM-BOOTCAMP *
8:00 AM-POUND® *
9:00 AM-YOGA *
10:00 AM-SS SPLASH®
11:00 AM-SS SPLASH®
4:30 PM-BARRE *
5:30 PM-DRUMS ALIVE *
6:30 PM-POUND® *

27
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 *
6:30 PM-YOGA
6:30 PM-CORE BURN *

28
5:30 AM-BOOTCAMP *
8:00 AM-POUND® *
8:00 AM-AQUA FIT
9:00 AM-AQUA FIT
9:00 AM-YOGA *
10:00 AM-SS SPLASH®
11:00 AM-SS SPLASH®
4:30 PM-BARRE
4:30 PM-360 TOTAL BODY *
5:30 PM-DRUMS ALIVE *

29
5:30 AM-BARRE *
8:00 AM-FUSION *
9:00 AM-EXPRESS CYCLE

30
9:00 AM-CYCLE
10:00 AM-TOTAL BODY *
10:00 AM-CYCLE 360

Password for RingCentral will change at noon on August 4th.
On Demand Classes and RingCentral password available to GET FIT members only.

*Denotes live virtual class via RingCentral