# **AQUATICS**



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



pull, float & balance on it to get an awesome workout!

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.

## 



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







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 fatburning 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.



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

## 

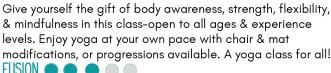


Designed to increase muscle strength, range classes are free to of motion & improve activities for daily living. Use a chair for seated exercises & standing support. Class can be modified depending on fitness levels.

SilverSneakers® SilverSneakers® card holders, regular pricing applies to others

# PILATES / YOGA





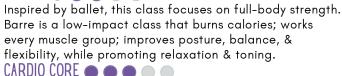
Everything you love about Barre, Pilates, & Yoga all in one class! Strengthen, tone, stretch & more in this class that hits it all.

# STRENGTH & CONDITIONING



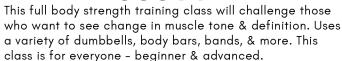






A class geared toward variety! You'll be stepping on a bench, performing aerobic moves on the floor, & using the ball & body bars. A great all-in-one workout incorporating cardiovascular, flexibility, & strength training!

## CIRCUIT STRENGTH



## CORE BURN



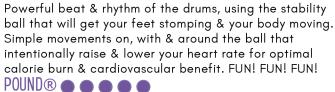


Have you ever tried to sit on a stability ball & keep your balance? Core Burn will help you appreciate how the ball activates & strengthens your core structure. Improve body awareness, balance, coordination, posture & joint mobility while using abdominal muscles you never knew you had.

## DRUMS ALIVE







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!

moderate

high

# FCHC FITNESS Fitness Class Schedule October 2025 138 E. Elm Street, Wauseon, OH 419.330.2724

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
To sign up for classes, view On Demand Classes, and view the monthly Ring Central password log in to your online portal at: fchcfitness.antaris.us OR contact the front desk.		8:15 AM-EXPRESS CYCLE 9:00 AM-TOTAL BODY * 10:00 AM-SS CLASSIC® 5:30 PM-AQUA NOODLE 5:30 PM-CARDIO CORE * 6:30 PM-AQUA YOGA 6:30 PM-CORE BURN * 6:30 PM-YOGA	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-360 TOTAL BODY * 5:30 PM-EXPRESS CYCLE 5:30 PM-DRUMS ALIVE * 6:30 PM-POUND® *	3 5:30 AM-BARRE * 8:00 AM-FUSION * 9:00 AM-EXPRESS CYCLE	8:00 AM-BARRE 8:00 AM-POUND® * 9:00 AM-CYCLE 9:00 AM-DRUMS ALIVE * 10:00 AM-CYCLE 360 * 10:00 AM-TOTAL BODY *
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-EXPRESS CYCLE 5:30 PM-CARDIO CORE * 5:30 PM-AQUA NOODLE 6:30 PM-360 TOTAL BODY * 6:30 PM-AQUA YOGA	7 5:30 AM-BOOTCAMP * 8:00 AM-POUND® * 8:00 AM-AQUA FIT 9:00 AM-AQUA FIT 9:00 AM-SS SPLASH® 11:00 AM-SS SPLASH® 4:30 PM-BARRE * 5:30 PM-DRUMS ALIVE * 6:30 PM-POUND® *	8 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-QAQUA YOGA 6:30 PM-CORE BURN * 6:30 PM-YOGA	5:30 AM-BOOTCAMP * 8:00 AM-POUND® * 8:00 AM-AQUA FIT 9:00 AM-YOGA * 10:00 AM-SS SPLASH® 11:00 AM-SS SPLASH® 4:30 PM-360 TOTAL BODY * 5:30 PM-EXPRESS CYCLE 5:30 PM-DRUMS ALIVE * 6:30 PM-POUND® *	5:30 AM-BARRE * 8:00 AM-FUSION * 9:00 AM-EXPRESS CYCLE	8:00 AM-BARRE 8:00 AM-POUND® * 9:00 AM-CYCLE 9:00 AM-DRUMS ALIVE * 10:00 AM-CYCLE 360 * 10:00 AM-TOTAL BODY *
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Password for RingCentral will change at noon on October 1st.
On Demand Classes and RingCentral password available to GET FIT members only.