

## 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




**FCHC**  
FITNESS

**Fitness Class Schedule**

**October 2025**

**138 E. Elm Street,  
Wauseon, OH  
419.330.2724**

# OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>To sign up for classes, view On Demand Classes, and view the monthly Ring Central password log in to your online portal at: <a href="http://fchcfitness.antaris.us">fchcfitness.antaris.us</a> OR contact the front desk.</p>		1	2	3	4
		<p>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</p>	<p>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® *</p>	<p>5:30 AM-BARRE * 8:00 AM-FUSION * 9:00 AM-EXPRESS CYCLE</p>	<p>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 *</p>
6	7	8	9	10	11
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13	14	15	16	17	18
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20	21	22	23	24	25
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27	28	29	30	31	
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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.

\*Denotes live virtual class via RingCentral