

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



138 E. Elm Street,
Wauseon, OH
419.330.2724

NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 UNLIMITED FITNESS CLASSES + GYM ACCESS ONLY \$42 A MONTH! <i>OR</i> 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.antaris.us OR contact the front desk. 					
3 8:00 AM—BARRE * 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 * 6:30 PM—AQUA YOGA	4 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® *	5 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 *	6 5:30 AM—TOTAL BODY * 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—DRUMS ALIVE * 6:30 PM—POUND® *	7 5:30 AM—BARRE * 8:00 AM—FUSION * 9:00 AM—EXPRESS CYCLE	8 8:00 AM—POUND® * 8:00 AM—CYCLE 360 9:00 AM—DRUMS ALIVE * 9:15 AM—EXPRESS CYCLE 10:00 AM—TOTAL BODY *
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Password for RingCentral will change at noon on November 3rd.
 On Demand Classes and RingCentral password available to GET FIT members only.

*Denotes live virtual class via RingCentral