

## 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.

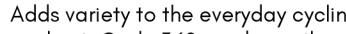
## CYCLING

### 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. 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.

## YOGA

### 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.



low



moderate



high

## 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.

### BOOTCAMP



Looking to spice up your workout? This class will be different every day to always keep the body guessing!

### 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



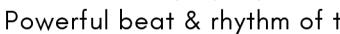
This full body strength training class will challenge those who want to see change in muscle tone & definition. Uses a variety of dumbbells, body bars, bands, & more. This class is for everyone - beginner & advanced.

### 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®



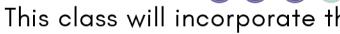
Channel your inner rock star with this full-body cardio jam session inspired by infectious, sweat-dripping fun of playing the drums. You BECOME the music in this exhilarating workout combining cardio & strength training with yoga & pilates-inspired movements.

### TOTAL BODY

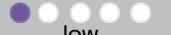


For anyone looking to get lean, tone, & fit - FAST. Be ready to sweat to the music, challenge your strength & endurance, & work the total body!

### 360 TOTAL BODY



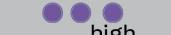
This class will incorporate the step 360 along with hand weights, bands & body bars to work all muscle groups as we increase strength, balance & flexibility while challenging our core muscles with each movement.



low



moderate



high



**FCHC FITNESS**

## Fitness Class Schedule

# January 2026

138 E. Elm Street,  
Wauseon, OH  
419.330.2724

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



UNLIMITED FITNESS CLASSES & GYM ACCESS  
ONLY \$45 A MONTH! OR 10 CLASSES FOR \$60

To sign up for classes, view On Demand Classes, and view the monthly live stream password log in to your online portal at: [fchcfitness.antaris.us](http://fchcfitness.antaris.us) OR contact the front desk.



2

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

**OPEN HOUSE**  
8:00-12:00pm

3

5

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-AQUA NOODLE  
6:30 PM-AQUA YOGA

6

5:30 AM-BOOTCAMP \*  
8:00 AM-AQUA FIT  
9:00 AM-AQUA FIT  
9:00 AM-YOGA \*  
10:00 AM-SS SPLASH®  
11:00 AM-SS SPLASH®  
4:45 PM-BARRE \*  
5:30 PM-DRUMS ALIVE \*

7

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-AQUA YOGA  
6:30 PM-YOGA

8

5:30 AM-BOOTCAMP \*  
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 \*

9

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

10

8:00 AM-BARRE \*  
9:00 AM-DRUMS ALIVE \*  
9:00 AM-CYCLE 360  
10:00 AM-TOTAL BODY \*  
11:00 AM-EXPRESS CYCLE

12

8:00 AM-BARRE \*  
8:15 AM-EXPRESS CYCLE \*  
9:00 AM-TOTAL BODY \*  
10:00 AM-SS CLASSIC®  
5:30 PM-AQUA NOODLE

13

5:30 AM-BOOTCAMP \*  
8:00 AM-AQUA FIT  
9:00 AM-AQUA FIT  
9:00 AM-YOGA \*  
10:00 AM-SS SPLASH®  
11:00 AM-SS SPLASH®  
4:45 PM-BARRE \*  
5:30 PM-DRUMS ALIVE \*

14

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-AQUA YOGA  
6:30 PM-YOGA

15

5:30 AM-BOOTCAMP \*  
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 \*

16

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

17

8:00 AM-BARRE \*  
9:00 AM-YOGA \*  
9:00 AM-CYCLE 360  
10:00 AM-TOTAL BODY \*  
11:00 AM-EXPRESS CYCLE

19

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 \*  
6:30 PM-360 TOTAL BODY \*

20

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®  
4:45 PM-BARRE \*  
5:30 PM-DRUMS ALIVE \*  
6:30 PM-POUND® \*

21

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

22

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-DRUMS ALIVE \*  
6:30 PM-POUND® \*

23

8:00 AM-FUSION \*  
9:00 AM-EXPRESS CYCLE

24

8:00 AM-BARRE  
8:00 AM-POUND® \*  
9:00 AM-DRUMS ALIVE \*  
9:00 AM-CYCLE 360  
10:00 AM-TOTAL BODY \*  
11:00 AM-EXPRESS CYCLE

26

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 \*  
6:30 PM-360 TOTAL BODY \*

27

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®  
4:45 PM-BARRE \*  
5:30 PM-DRUMS ALIVE \*  
6:30 PM-POUND® \*

28

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

29

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-DRUMS ALIVE \*  
6:30 PM-POUND® \*

30

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

31

8:00 AM-BARRE  
8:00 AM-POUND® \*  
9:00 AM-DRUMS ALIVE \*  
9:00 AM-CYCLE 360  
10:00 AM-TOTAL BODY \*  
11:00 AM-EXPRESS CYCLE



>Password for the live stream will change at noon on January 5<sup>th</sup>.  
On Demand Classes and the live stream password available to GET FIT members only.

\*Denotes live virtual class via Microsoft Teams!

Y  
A  
U  
N  
A  
J