



EQUIPMENT

- Precor Treadmills
- Precor AMTs
- Precor Ellipticals
- Life Fitness Recumbent and Upright Bikes
- Rogue Bike
- SciFit Steppers
- SciFit Total Body Cycle
- Cybex Resistance Machines
 - Multi-Use Cable Machine
 - Chest Press
 - Fly/Rear Delt
 - Lat Pulldown
 - Row
 - Abdominal
 - Leg Press
 - Leg Extension
 - Leg Curl
- Dumbbells from 1 - 100lbs
- Power Blocks (5 - 90lbs)
- Cybex Multi-Use Cage
- Rogue Squat Stand + Bumper Plates
- ... and more!



FOR MORE INFORMATION:

CALL: 419-330-2724

EMAIL: fchcfitness@fulhealth.org

www.fultoncountyhealthcenter.org



Front Desk Hours

MONDAY: 7:00AM - 5:00PM
 TUESDAY: 8:00AM - 7:00PM
 WEDNESDAY: 7:00AM - 5:00PM
 THURSDAY: 8:00AM - 7:00PM
 FRIDAY: 7:00AM - 12:00PM
 SATURDAY: Closed
 SUNDAY: Closed

24/7 GYM ACCESS FOR MEMBERS!!

 **FCHC FITNESS**

**138 East Elm Street
Wauseon, OH 43567**

GYM PLAN:	BASE	GET FIT	AQUATIC	ELITE
Monthly Individual Rate	\$35	\$45	\$45	\$55
Monthly Couple Rate	\$50	\$65	\$65	\$80
Monthly Family Rate	\$65	\$85	\$85	\$105
24/7 Gym Access	✓	✓	✓	✓
Unlimited Fitness Classes		✓		✓
Open Swim			✓	✓

All new members required to purchase a key-fob for \$10.

MEMBERSHIP RATES

All memberships require a 12-month contract with the option to make monthly payments, or pay in full. The monthly payment option allows you to budget for your membership. Automatic payments will be charged at the beginning of each month. Choose the paid-in-full option to pay for the entire membership at once for a discount resulting in a cheaper rate! All memberships include a complementary equipment orientation.

Discounts for the Following:

- Seniors (65+)
- Students (full-time)
- Corporations
- First Responders
- Healthcare Workers
- Clergy
- Military

Daily Pass: \$10 Weekly Pass: \$25

WE ACCEPT

Silver Sneakers®, **Prime®**, **Silver&Fit®**,
Active&Fit™, **Renew Active®**, **One Pass™**

These insurance-sponsored plans include the Base gym package. Add-ons for fitness classes and aquatic access are available.

GET FIT

Includes unlimited access to fitness classes at all locations, LIVE virtual classes, and a library of prerecorded classes. Try them all, or pick your favorites! Classes offered in Archbold, Swanton, and Wauseon.

CLASS OPTIONS

Aquatic:

Aqua Dance, Aqua Fit, Aqua Noodle, Aqua Yoga, SilverSneakers Splash®

Indoor Cycle:

Express Cycle, Cycle 360

Strength & Conditioning:

Barre, Bootcamp, Cardio Core, Circuit Strength, Core Burn, Drums Alive, POUND®, Tabata Express, Total Body

Yoga

Senior Adult:

SilverSneakers Classic®, SilverSneakers Yoga®

Fitness Classes Packages Available:
\$60 FOR 10 CLASSES

AQUATIC

Includes pool access during staffed hours Monday-Friday. The pool is 40' x 17' with a maximum depth of 5' and a sectioned-off 7' deep well. The heated pool provides a great option for aching joints or physical restraints.

PERSONAL TRAINING

A Personal Trainer will customize a fitness program to help meet your individual needs and fitness goals. Personal Training sessions include one hour of one-on-one training with a certified Personal Trainer.

SINGLE SESSION: \$45

10 SESSION PACKAGE: \$300

GROUP TRAINING

Group training is a great way to make personalized training affordable, while increasing accountability through group camaraderie. A certified Personal Trainer will provide workouts and instruction for you and 2-3 other group members 2x/week for 8 weeks.

8 WEEKS - 16 SESSIONS: \$240

SPORTS PERFORMANCE

Athletes will improve agility, speed, power, coordination, and balance that can be applied to any sport through small group training sessions.

Participants new found confidence will help them excel on the field and in life. Instruction provided by a Certified Strength and Conditioning Specialist®.

8 WEEKS - 16 SESSIONS: \$200

