

# AQUATICS

## AQUA DANCE ●●●●●

Splash your way into shape with an invigorating low-impact aquatic workout that's cardio, body-toning, & exhilarating beyond belief.

## AQUA FIT ●●●●●

Love the water & variety? This class will include elements of cardio, stability, flexibility, and balance incorporating yoga poses, noodle work, even a little dance to provide a refreshing and 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.

# 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.

## TABATA EXPRESS ●●●●●

This 30-min. class follows a HIIT protocol consisting of 4-min. rounds: 20 sec. of work followed by 10 sec. of rest, repeated 8 times.

## 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



# Fitness Class Schedule May 2026

138 E. Elm Street,  
Wauseon, OH  
419.330.2724

Monday

Tuesday

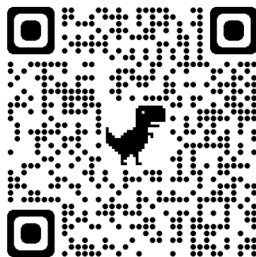
Wednesday

Thursday

Friday

Saturday

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



UNLIMITED FITNESS CLASSES AND GYM ACCESS

ONLY \$45 A MONTH!

OR

10 CLASSES FOR \$60

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

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

4  
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 \*  
5:30 PM-AQUA NOODLE  
6:30 PM-360 TOTAL BODY \*  
6:30 PM-AQUA YOGA

5  
5:30 AM-BOOTCAMP \*  
8:00 AM-POUND® \*  
8:00 AM-AQUA DANCE  
9:00 AM-AQUA DANCE  
9:00 AM-YOGA \*  
10:00 AM-SS SPLASH®  
11:00 AM-SS SPLASH®  
5:30 PM-DRUMS ALIVE \*  
6:30 PM-POUND® \*

6  
8:15 AM-EXPRESS CYCLE  
9:00 AM-TOTAL BODY \*  
10:00 AM-SS CLASSIC®  
4:30 PM-TABATA EXPRESS \*  
4:45 PM-BARRE  
5:30 PM-AQUA NOODLE  
5:30 PM-CARDIO CORE \*  
6:30 PM-YOGA  
6:30 PM-CORE BURN \*

7  
5:30 AM-BOOTCAMP \*  
8:00 AM-POUND® \*  
8:00 AM-AQUA DANCE  
9:00 AM-AQUA DANCE  
9:00 AM-YOGA \*  
10:00 AM-SS SPLASH®  
11:00 AM-SS SPLASH®  
4:30 PM-360 TOTAL BODY \*

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

9  
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

11  
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 \*  
5:30 PM-AQUA NOODLE  
6:30 PM-360 TOTAL BODY \*  
6:30 PM-AQUA YOGA

12  
5:30 AM-BOOTCAMP \*  
8:00 AM-POUND® \*  
8:00 AM-AQUA DANCE  
9:00 AM-AQUA DANCE  
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® \*

13  
8:15 AM-EXPRESS CYCLE  
9:00 AM-TOTAL BODY \*  
10:00 AM-SS CLASSIC®  
4:30 PM-TABATA EXPRESS \*  
4:45 PM-BARRE  
5:30 PM-AQUA NOODLE  
5:30 PM-CARDIO CORE \*  
6:30 PM-AQUA YOGA  
6:30 PM-YOGA  
6:30 PM-CORE BURN \*

14  
5:30 AM-BOOTCAMP \*  
8:00 AM-POUND® \*  
8:00 AM-AQUA DANCE  
9:00 AM-AQUA DANCE  
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® \*

15  
8:00 AM-FUSION \*  
9:00 AM-EXPRESS CYCLE

16  
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

18  
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 \*  
5:30 PM-AQUA NOODLE  
6:30 PM-360 TOTAL BODY \*  
6:30 PM-AQUA YOGA

19  
5:30 AM-BOOTCAMP \*  
8:00 AM-POUND® \*  
8:00 AM-AQUA DANCE  
9:00 AM-AQUA DANCE  
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® \*

20  
8:15 AM-EXPRESS CYCLE  
9:00 AM-TOTAL BODY \*  
10:00 AM-SS CLASSIC®  
4:30 PM-TABATA EXPRESS \*  
4:45 PM-BARRE  
5:30 PM-AQUA NOODLE  
5:30 PM-CARDIO CORE \*  
6:30 PM-AQUA YOGA  
6:30 PM-YOGA  
6:30 PM-CORE BURN \*

21  
5:30 AM-BOOTCAMP \*  
8:00 AM-POUND® \*  
8:00 AM-AQUA DANCE  
9:00 AM-AQUA DANCE  
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® \*

22  
5:30 AM-BARRE \*  
8:00 AM-FUSION \*  
9:00 AM-EXPRESS CYCLE

23  
8:00 AM- BARRE  
8:00 AM-POUND® \*  
9:00 AM-DRUMS ALIVE \*  
9:00 AM-CYCLE 360  
10:00 AM-TOTAL BODY \*

25  
  
\*MEMORIAL DAY\*

26  
5:30 AM-BOOTCAMP \*  
8:00 AM-POUND® \*  
8:00 AM-AQUA DANCE  
9:00 AM-AQUA DANCE  
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® \*

27  
8:15 AM-EXPRESS CYCLE  
9:00 AM-TOTAL BODY \*  
10:00 AM-SS CLASSIC®  
4:30 PM-TABATA EXPRESS \*  
4:45 PM-BARRE  
5:30 PM-AQUA NOODLE  
5:30 PM-CARDIO CORE \*  
6:30 PM-AQUA YOGA  
6:30 PM-YOGA  
6:30 PM-CORE BURN \*

28  
5:30 AM-BOOTCAMP \*  
8:00 AM-POUND® \*  
8:00 AM-AQUA DANCE  
9:00 AM-AQUA DANCE  
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® \*

29  
5:30 AM-BARRE \*  
8:00 AM-FUSION \*  
9:00 AM-EXPRESS CYCLE

30  
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

MAY



Password for the live stream will change at noon on May 4th  
On Demand Classes and the live stream password available to GET FIT members only.

\*Denotes live virtual class via Microsoft Teams!