

FCHC Wellness Center Class Schedule

September 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM—Barre 31 7:00 AM— NEW! Sunrise Yoga 10:00 AM—SS Classic® 11:00 AM—SS Yoga® 4:00 PM— NEW! Circuit Strength 5:30 PM—Aqua Noodle 5:30 PM—Cardio Core 6:30 PM—POUND® Archbold 5:45 PM—Vera Flow 6:45 PM—Yoga Intermediate	5:00 AM—Tabata Fire 1 7:00 AM— NEW! Sunrise Yoga 8:00 AM—Aqua Zumba® 9:00 AM—Aqua Zumba® 10:00 AM—SS Splash® 10:45 AM—SS Splash® 11:30 AM—SS Splash® 4:30 PM—Barre 5:30 PM—Cardio Drumming 6:30 PM—POUND® Archbold 5:00 PM— NEW! Circuit Strength 6:00 PM— NEW! Yoga/Ball/Pilates	5:30 AM— NEW! Penalty Box 2 10:00 AM—SS Classic® 11:00 AM—SS EnerChi® 4:00 PM— NEW! Circuit Strength 5:00 PM— NEW! Bootcamp 10:45 AM—SS Splash® 5:30 PM—Cardio Core 6:30 PM—POUND®	5:00 AM—Tabata Fire 3 7:00 AM— NEW! Sunrise Yoga 11:00 AM—SS EnerChi® 9:00 AM—Aqua Zumba® 10:00 AM—SS Splash® 10:45 AM—SS Splash® 11:30 AM—SS Splash® 4:30 PM—Barre 5:30 PM—Cardio Drumming 6:30 PM—POUND® Archbold 5:00 PM— NEW! Circuit Strength 6:00 PM— NEW! Sunset Yoga	5:30 AM—Barre 4	5 Wellness Center CLOSED
 Wellness Center CLOSED	5:00 AM—Tabata Fire 8 7:00 AM— NEW! Sunrise Yoga No AM aqua classes due to therapy pool day 4:00 PM— NEW! Circuit Strength 5:30 PM— NEW! Kickboxing 6:30 PM—Aqua Zumba® Archbold 5:00 PM— NEW! Circuit Strength 6:00 PM— NEW! Yoga/Ball/Pilates NO Cardio Drum or POUND New choreography tomorrow	5:30 AM— NEW! Penalty Box 9 10:00 AM—SS Classic® 11:00 AM—SS EnerChi® 4:00 PM— NEW! Circuit Strength 5:00 PM— NEW! Bootcamp 10:45 AM—SS Splash® 5:30 PM—Cardio Core 6:30 PM—POUND®	5:00 AM—Tabata Fire 10 7:00 AM— NEW! Sunrise Yoga 8:00 AM—Aqua Zumba® 9:00 AM—Aqua Zumba® 10:00 AM—SS Splash® 10:45 AM—SS Splash® 11:30 AM—SS Splash® 4:30 PM—Barre 5:30 PM—Cardio Drumming 6:30 PM—POUND® Archbold 5:00 PM— NEW! Circuit Strength 6:00 PM— NEW! Sunset Yoga	5:30 AM—Barre 11	6:00 AM—Tabata Fire 12 7:00 AM—Barre 8:30 AM—POUND® 9:30 AM—Cardio Drumming
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REGISTRATION & PRICING

Payment can be made in the following ways:

- In person at the Wellness Center
- By mail (check only)
- By phone (credit card only)
- **NEW!** Automatic monthly payments
- **NEW!** Online registration & payments:

<https://fchcwellnesscenter.mosoportal.com>

Monthly UNLIMITED Classes:

- \$50/mo - month to month payments
- \$40/mo - automatic reoccurring monthly payments
- \$420 - pay total up front for year (\$35/mo)
- \$25/mo - student month to month (high school or full-time college)

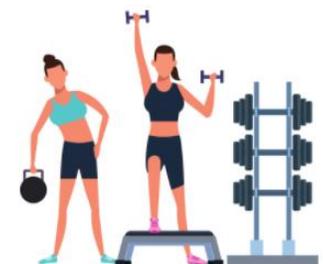
Half-off fitness classes if combined with a 6 or 12 month gym membership

For the most up to date information go online at:

www.fultoncountyhealthcenter.org

Click on Health and Wellness Programs or call 419-330-2724.

Watch Facebook for class updates or cancellations: **FCHC Wellness Center**



**– SCHEDULES MAY VARY –
Please check specific days
due to instructor availability**

NEW!

Penalty Box®

This complete body workout class will focus on body resistance, balance, agility, strength, speed and core all while using a 12x12 agility grid.



Circuit Strength

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



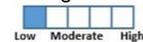
Bootcamp (Outdoor)

Battle ropes, tractor tire, slam balls, and more! This class is designed to push participants harder than they have pushed themselves before and always keep the body guessing.



Sunrise/Sunset Yoga

Give yourself the gift of body awareness, strength, flexibility, and mindfulness in this class. This is a foundation class for those newer to yoga. (Mat required)



Kickboxing

Improve coordination, balance, and flexibility while learning basic punches, kicks, and combos. Burn calories, relieve stress, and have fun in this whole-body workout appropriate for all fitness levels and genders.



Yoga / Ball / Pilates

Change up your yoga routine by adding some pilates and the use of a stability ball. Challenge your muscles, balance and coordination.



STRENGTH & CONDITIONING

Barre

Barre class, inspired by ballet, focuses on improving a person's core. Barre is a low-impact exercise that burns calories; works every muscle group; improves posture, strength & balance, flexibility, & helps to relax & tone.



Cardio Core

A class geared toward variety! You'll be stepping on a bench, performing aerobic moves on the floor, using the ball and body bars. A great all-in-one workout incorporating cardiovascular, flexibility, and strength training!



Cardio Drumming

Powerful beat and rhythm of the drums, using the stability ball that will get your feet stomping and your body moving. Simple movements on the ball, with the ball, and around the ball. Great workout for men and women. FUN!



POUND®

Channel your inner rock star with this full-body cardio jam session inspired by the infectious, sweat-dripping fun of playing the drums. Instead of listening to music, you BECOME the music in this exhilarating, full-body workout that combines cardio, conditioning and strength training with yoga and pilates-inspired movements. (Mat Required)



Tabata Fire

Tabata is a system of short, high-intensity intervals developed by Japanese professor, Professor Izumi Tabata. Tabata training can push men or women to new physical levels never imagined and people continue to burn calories for hours after!



YOGA

Yoga - Intermediate

This class covers yoga pose variations in more detail including some challenging poses. Poses are held longer than in order to increase strength, balance, and flexibility. (Mat required)



VeraFlow

Dance, stretch and find your true flow in this class like none other you have ever experienced. Find your true flow in body and mind as you stretch your body and train your mind to feel the rhythm of the music. VeraFlow is just what you need to feel completely relaxed and content. (Mat required)



AQUATICS

Aqua Noodle

Using the noodle for upper and lower body toning, abdominal toning and aerobic workout, you'll push it, pull it, float on it, balance on it, and get an awesome workout!



Aqua Zumba®

Just Add Water & Shake! Splash your way into shape with an invigorating low-impact aquatic exercise. Known as the Zumba® "pool party," the program gives new meaning to the idea of a refreshing workout. Aqua Zumba® blends it together into workout that's cardio-conditioning, body-toning, & most of all, exhilarating beyond belief.



SilverSneakers® Splash

Splash offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required. A special SilverSneakers® kickboard is used to develop strength, balance and coordination. Ideal for those with arthritis, as this class consists of range of motion, strengthening, and endurance. Work at your own ability level.



SENIOR ADULT

SilverSneakers® Classic

Have fun & move to the music through a variety of exercises designed to increase muscular strength & range of movement. Hand-held weights, elastic tubing with handles, a SilverSneakers® ball are offered for resistance. A chair is used for support, stretching, and relaxation exercises.



SilverSneakers® Yoga

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.



SilverSneakers® EnerChi

EnerChi combines principles of ancient arts of tai chi and qi gong. It is low impact and puts minimal stress on muscles and joints. Modifications are provided to lower or raise intensity.



Silver Sneaker classes are free to SilverSneakers® card holders, regular pricing applies to others



FCHC
Wellness Center
138 E. Elm St.
Wauseon, OH 43567
419.330.2724

September

FITNESS CLASSES