

NEW!

BASIC FIT ●●●●●●

An interval class focused on form and range of motion.

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.

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.

YOGA / BALL / PILATES ●●●●●●

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

SENIOR ADULT

SILVERSNREAKERS STABILITY® ●●●●●●

Designed to help you become stronger and improve balance. The movements focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level. It can be adapted depending on the skill of individual participants. A chair may be used for balance and support.

SILVERSNREAKERS CLASSIC® ●●●●●●

Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.

SILVERSNREAKERS 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 postures designed to increase flexibility, balance & range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

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

YOGA

YOGA-INTERMEDIATE ●●●●●●

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

VERAFLW ●●●●●●

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 the rhythm of the music. VeraFlow is just what you need to feel completely relaxed and content. (Mat required)

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)

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 a workout that's cardio-conditioning, body-toning, & most of all, exhilarating beyond belief.

SILVERSNREAKERS 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.

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, and helps to relax & tone.

BOOTCAMP ●●●●●●

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.

CARDIO CORE ●●●●●●

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.

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 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)

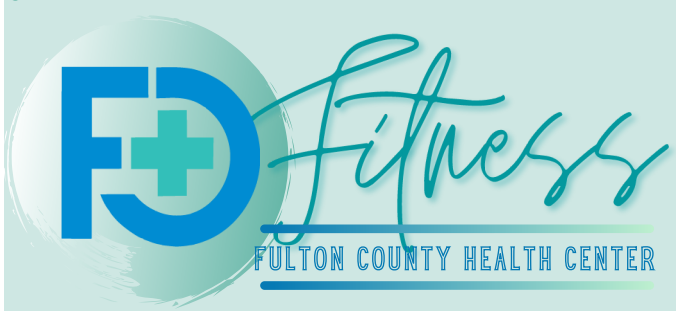
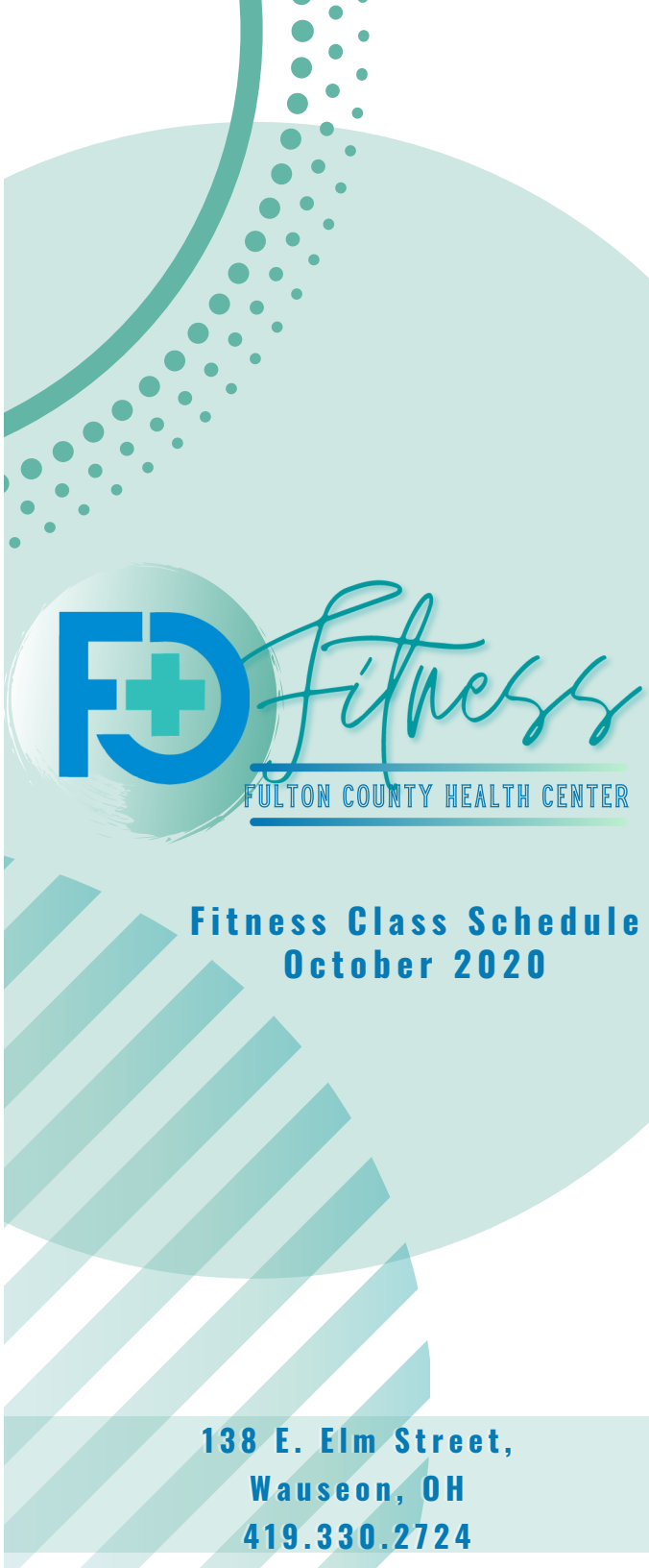
TABATA FIRE ●●●●●●

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.

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.

●●●●●● low ●●●●●● moderate ●●●●●● high



Fitness Class Schedule October 2020

138 E. Elm Street,
Wauseon, OH
419.330.2724

REBECCO

MON

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WED

THU

FRI

SAT



Password for RingCentral will change at noon on October 1st and November 1st. An email with the new password will be sent out to all paid fitness class members.

5
5:30 AM—BARRE
7:00 AM—SUNRISE YOGA
10:00 AM—SS CLASSIC®
11:00 AM—SS YOGA®
4:00 PM—CIRCUIT STRENGTH
5:30 PM—AQUA NOODLE
5:30 PM—CARDIO CORE
6:30 PM—POUND®
ARCHBOLD
5:30 PM—VERAFLOW
6:30 PM—NEW! KICKBOXING
6:45 PM—YOGA INTERMEDIATE

6
5:00 AM—TABATA FIRE
7:00 AM—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®
5:30 PM—CARDIO DRUMMING
6:30 PM—POUND®
ARCHBOLD
5:00 PM—CIRCUIT STRENGTH
6:00 PM—NEW! YOGA/BALL/PILATES

7
5:30 AM—NEW! PENALTY BOX
10:00 AM—SS CLASSIC®
11:00 AM—SS STABILITY®
4:00 PM—CIRCUIT STRENGTH
5:00 PM—BOOTCAMP
5:30 PM—AQUA NOODLE
5:30 PM—CARDIO CORE
6:30 PM—POUND®

8
5:00 AM—TABATA FIRE
7:00 AM—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®
5:30 PM—CARDIO DRUMMING
6:30 PM—POUND®
ARCHBOLD
5:00 PM—CIRCUIT STRENGTH
6:00 PM—SUNSET YOGA

9
5:30 AM—BARRE

10
7:30 AM—BARRE
8:30 AM—POUND®
9:30 AM—CARDIO DRUMMING

12
5:30 AM—BARRE
7:00 AM—SUNRISE YOGA
10:00 AM—SS CLASSIC®
11:00 AM—SS YOGA®
4:00 PM—CIRCUIT STRENGTH
5:30 PM—AQUA NOODLE
5:30 PM—CARDIO CORE
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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®
5:30 PM—CARDIO DRUMMING
6:30 PM—POUND®
ARCHBOLD
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6:00 PM—NEW! YOGA/BALL/PILATES

14
5:30 AM—NEW! PENALTY BOX
10:00 AM—SS CLASSIC®
11:00 AM—SS STABILITY®
4:00 PM—CIRCUIT STRENGTH
5:00 PM—BOOTCAMP
5:30 PM—AQUA NOODLE
5:30 PM—CARDIO CORE
6:30 PM—POUND®

15
5:00 AM—TABATA FIRE
7:00 AM—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®
5:30 PM—CARDIO DRUMMING
6:30 PM—POUND®
ARCHBOLD
5:00 PM—CIRCUIT STRENGTH
6:00 PM—SUNSET YOGA

16
5:30 AM—BARRE

17
7:30 AM—BARRE
8:30 AM—POUND®
9:30 AM—CARDIO DRUMMING

19
5:30 AM—BARRE
7:00 AM—SUNRISE YOGA
10:00 AM—SS CLASSIC®
11:00 AM—SS YOGA®
4:00 PM—CIRCUIT STRENGTH
5:30 PM—AQUA NOODLE
5:30 PM—CARDIO CORE
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20
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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®
5:30 PM—CARDIO DRUMMING
6:30 PM—POUND®
ARCHBOLD
5:00 PM—CIRCUIT STRENGTH
6:00 PM—NEW! YOGA/BALL/PILATES

21
5:30 AM—NEW! PENALTY BOX
10:00 AM—SS CLASSIC®
11:00 AM—SS STABILITY®
4:00 PM—CIRCUIT STRENGTH
5:00 PM—BOOTCAMP
5:30 PM—AQUA NOODLE
6:00 PM—CARDIO CORE
NO 6:30 PM—POUND®

22
5:00 AM—TABATA FIRE
7:00 AM—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®
5:30 PM—BASIC FIT
6:30 PM—20 MINUTE HIIT
ARCHBOLD
5:00 PM—CIRCUIT STRENGTH
6:00 PM—SUNSET YOGA

23
5:30 AM—BARRE

24
7:30 AM—BARRE
8:30 AM—POUND®
9:30 AM—CARDIO DRUMMING

26
5:30 AM—BARRE
7:00 AM—SUNRISE YOGA
10:00 AM—SS CLASSIC®
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4:00 PM—CIRCUIT STRENGTH
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10:00 AM—SS SPLASH®
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11:30 AM—SS SPLASH®
5:30 PM—CARDIO DRUMMING
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6:30 PM—POUND®

29
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30
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31
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REGISTRATION

Payment can be made in the following ways:

- In person at the Wellness Center
- CALL US! 419.330.2724
- NEW! Online payments

PRICING

- \$50/MO - MONTH-TO-MONTH PAYMENTS
- \$40/MO - AUTOMATIC REOCCURRING PAYMENTS
- \$420/YR - TOTAL UP FRONT PAYMENT (\$35/MO)
- \$25/MO - STUDENT MONTH TO MONTH (FULLTIME)

FOR THE MOST UP TO DATE INFORMATION GO ONLINE TO:

<https://fchcwellnesscenter.mosportal.com>

WATCH FACEBOOK FOR CLASS UPDATES OR CANCELATIONS:

FCHC WELLNESS CENTER

- SCHEDULES MAY VARY -