



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 - 50lbs
- Power Blocks (5 - 90lbs)
- Cybex Multi-Use Cage
- ... and more!



FOR MORE INFORMATION:

CALL: 419-330-2724

EMAIL: fchcfitness@fulhealth.com

www.fultoncountyhealthcenter.org



HOURS OF OPERATION

MONDAY - THURSDAY: 5:00AM - 7:00PM

FRIDAY: 5:00AM - 5:00PM

SATURDAY: 8:00AM - 11:00AM

SUNDAY: Closed

24/7 ACCESS COMING EARLY 2021!

 **FCHC FITNESS**

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

GYM PLAN:	BASE	GET FIT	AQUATIC	ELITE
Monthly Individual Rate	\$29	\$39	\$49	\$59
Monthly Family Rate	\$45	\$60	\$75	\$90
Gym Access*	✓	✓	✓	✓
Unlimited Fitness Classes		✓		✓
Open Swim			✓	✓

*Coming early 2021 memberships will include 24/7 gym access.

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!

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

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!

CLASS OPTIONS

Strength & Conditioning:

Barre, Basic Fit, Bodyweight HIIT, Bootcamp, Cardio Core, Cardio Drumming, Circuit Strength, CoreBurn, Kickboxing, Penalty Box®, POUND®, Tabata Fire

Yoga:

Ball/Pilates, Sunrise/Sunset Yoga, Yoga - Intermediate, Vera Flow

Aquatic:

Aqua Noodle, Aqua Zumba®, SilverSneakers Splash®

Senior Adult:

SilverSneakers Classic®, SilverSneakers Yoga®, SilverSneakers Stability®

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 are purchased in 10-session packages.

ONE-ON-ONE HOUR SESSIONS

Gym Members: \$250/package

Non-members: \$400/package

TWO-ON-ONE HOUR SESSIONS

Gym Members: \$200/package

Non-members: \$275/package



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

