

# STRENGTH & CONDITIONING

## BARRE ●●●●●●●●

Barre class, inspired by ballet, 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 & designed to push participants harder than they have pushed themselves before, while always keeping 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!

## CARDIO DRUMMING ●●●●●●●●

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. Great workout for men & women. FUN! FUN! FUN!

## 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.

## CIRCUIT STRENGTH ●●●●●●●●

This full body strength training class to 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.

## KICKBOXING ●●●●●●●●

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

## OUTDOOR BOOTCAMP ●●●●●●●●

Battle ropes, tractor tires, slam balls, and more! Enjoy the outdoors while challenging the body in a new way every class. This high intensity, full-body workout will leave you burning calories for hours.

*\*\*In the case of inclement weather class will be moved indoors.*

## 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 workout combining cardio & strength training with yoga & pilates-inspired movements.

## TOTAL BODY ●●●●●●●●

A workout for anyone looking to get lean, tone, & fit - FAST. Be ready to sweat to the music, challenge your strength & endurance, and work the total body!

# AQUATICS

## AQUA NOODLE ●●●●●●●●

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

## AQUA ZUMBA® ●●●●●●●●

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

## SILVERSNEAKERS SPLASH® ●●●●●●●●

Splash offers shallow water moves to improve agility, flexibility & cardiovascular endurance. No swimming ability is required. Develop strength, balance, & coordination. Ideal for those with arthritis, as this class consists of range of motion, strengthening, & endurance.

## UNLIMITED FITNESS CLASSES + GYM ACCESS

### ONLY \$39 A MONTH!

12 month contract required

**SIGN UP TODAY!** • In person - at FCHC Fitness  
• By Phone - 419.330.2724  
• Online - <https://fchcfitness.antis.us/v2/kiosk/>

Ask about rates for families, full-time students, and seniors

# YOGA

## YOGA / BALL / PILATES ●●●●●●●●

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

## YOGA-INTERMEDIATE ●●●●●●●●

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

## VERA FLOW ●●●●●●●●

Dance, stretch, & find your true flow in this class like nothing you have ever experienced. Finding the true flow as you stretch your body & train your mind to the rhythm of the music. VeraFlow is just what you need to feel completely relaxed & content. (Mat required)

## SUNRISE / SUNSET YOGA ●●●●●●●●

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

# SENIOR ADULT

## SILVERSNEAKERS STABILITY® ●●●●●●●●

Designed to help you become stronger & improve balance. The movements focus on specific exercises to improve strength & power around the ankle, knee & hip joints, while improving your reaction time. This class is designed for fall prevention & 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 & support.

## SILVERSNEAKERS CLASSIC® ●●●●●●●●

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

## SILVERSNEAKERS YOGA® ●●●●●●●●

Get ready to move through a complete series of seated & 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 & final relaxation will promote stress reduction & mental clarity.

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

●●●●●●●●  
low

●●●●●●●●  
moderate

●●●●●●●●  
high

# FCHC FITNESS

## Fitness Class Schedule

# June 2021

138 E. Elm Street,  
Wauseon, OH  
419.330.2724

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday



= Happy =

MEMORIAL

★ ★ DAY ★ ★

31

5:30 AM—BOOTCAMP \* 1  
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® \*  
7:00 PM—SUNSET YOGA  
ARCHBOLD  
4:30 PM—CIRCUIT STRENGTH  
6:30 PM—YOGA/BALL/PILATES

2

8:30 AM—POUND® \*  
10:00 AM—SS CLASSIC®  
11:00 AM—SS STABILITY®  
4:30 PM—CIRCUIT STRENGTH \*  
5:30 PM—AQUA NOODLE  
5:30 PM—CARDIO CORE \*  
6:30 PM—CORE BURN \*

3

5:30 AM—BOOTCAMP \*  
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® \*  
7:00 PM—SUNSET YOGA  
ARCHBOLD  
4:30 PM—CIRCUIT STRENGTH

4

5:30 AM—BARRE \*  
8:30 AM—POUND® \*

5

8:00 AM—OUTDOOR BOOTCAMP  
9:00 AM—TOTAL BODY \*

7

5:30 AM—BARRE \*  
7:00 AM—SUNRISE YOGA \*  
8:30 AM—POUND® \*  
10:00 AM—SS CLASSIC®  
11:00 AM—SS YOGA®  
4:30 PM—CIRCUIT STRENGTH \*  
5:30 PM—AQUA NOODLE  
5:30 PM—CARDIO CORE \*  
6:30 PM—POUND® \*  
ARCHBOLD  
5:30 PM—VERA FLOW  
6:30 PM—KICKBOXING

8

5:30 AM—BOOTCAMP \*  
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® \*  
7:00 PM—SUNSET YOGA  
ARCHBOLD  
4:30 PM—CIRCUIT STRENGTH  
6:30 PM—YOGA/BALL/PILATES

9

8:30 AM—POUND® \*  
10:00 AM—SS CLASSIC®  
11:00 AM—SS STABILITY®  
4:30 PM—CIRCUIT STRENGTH \*  
5:30 PM—AQUA NOODLE  
5:30 PM—CARDIO CORE \*  
6:30 PM—CORE BURN \*

10

5:30 AM—BOOTCAMP \*  
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® \*  
7:00 PM—SUNSET YOGA  
ARCHBOLD  
4:30 PM—CIRCUIT STRENGTH

11

5:30 AM—BARRE \*  
8:30 AM—POUND® \*

12

8:00 AM—OUTDOOR BOOTCAMP  
9:00 AM—TOTAL BODY \*

14

5:30 AM—BARRE \*  
7:00 AM—SUNRISE YOGA \*  
8:30 AM—POUND® \*  
10:00 AM—SS CLASSIC®  
11:00 AM—SS YOGA®  
4:30 PM—CIRCUIT STRENGTH \*  
5:30 PM—AQUA NOODLE  
5:30 PM—CARDIO CORE \*  
6:30 PM—POUND® \*  
ARCHBOLD  
5:30 PM—VERA FLOW  
6:30 PM—KICKBOXING

15

5:30 AM—BOOTCAMP \*  
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® \*  
7:00 PM—SUNSET YOGA  
ARCHBOLD  
4:30 PM—CIRCUIT STRENGTH  
6:30 PM—YOGA/BALL/PILATES

16

8:30 AM—POUND® \*  
10:00 AM—SS CLASSIC®  
11:00 AM—SS STABILITY®  
4:30 PM—CIRCUIT STRENGTH \*  
5:30 PM—AQUA NOODLE  
5:30 PM—CARDIO CORE \*  
6:30 PM—CORE BURN \*

17

5:30 AM—BOOTCAMP \*  
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® \*  
7:00 PM—SUNSET YOGA  
ARCHBOLD - SCOUT CABIN  
4:30 PM—CIRCUIT STRENGTH

18

5:30 AM—BARRE \*  
8:30 AM—POUND® \*

19

8:00 AM—OUTDOOR BOOTCAMP  
9:00 AM—TOTAL BODY \*

21

5:30 AM—BARRE \*  
7:00 AM—SUNRISE YOGA \*  
8:30 AM—POUND® \*  
10:00 AM—SS CLASSIC®  
11:00 AM—SS YOGA®  
4:30 PM—CIRCUIT STRENGTH \*  
5:30 PM—AQUA NOODLE  
5:30 PM—CARDIO CORE \*  
6:30 PM—POUND® \*  
ARCHBOLD  
5:30 PM—VERA FLOW  
6:30 PM—KICKBOXING

22

5:30 AM—BOOTCAMP \*  
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® \*  
7:00 PM—SUNSET YOGA  
ARCHBOLD  
4:30 PM—CIRCUIT STRENGTH  
6:30 PM—YOGA/BALL/PILATES

23

8:30 AM—POUND® \*  
10:00 AM—SS CLASSIC®  
11:00 AM—SS STABILITY®  
4:30 PM—CIRCUIT STRENGTH \*  
5:30 PM—AQUA NOODLE  
5:45 PM—CARDIO CORE \*  
6:45 PM—CORE BURN \*

24

5:30 AM—BOOTCAMP \*  
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® \*  
7:00 PM—SUNSET YOGA  
ARCHBOLD  
4:30 PM—CIRCUIT STRENGTH

25

5:30 AM—BARRE \*  
8:30 AM—POUND® \*

26

8:00 AM—OUTDOOR BOOTCAMP  
9:00 AM—TOTAL BODY \*

28

5:30 AM—BARRE \*  
7:00 AM—SUNRISE YOGA \*  
8:30 AM—POUND® \*  
10:00 AM—SS CLASSIC®  
11:00 AM—SS YOGA®  
4:30 PM—CIRCUIT STRENGTH \*  
5:30 PM—AQUA NOODLE  
5:30 PM—CARDIO CORE \*  
6:30 PM—POUND® \*  
ARCHBOLD  
5:30 PM—VERA FLOW  
6:30 PM—KICKBOXING

29

5:30 AM—BOOTCAMP \*  
7:00 AM—SUNRISE YOGA \*  
8:00 AM—AQUA ZUMBA®  
9:00 AM—AQUA ZUMBA®  
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11:30 AM—SS SPLASH®  
5:30 PM—CARDIO DRUMMING \*  
6:30 PM—POUND® \*  
7:00 PM—SUNSET YOGA  
ARCHBOLD  
4:30 PM—CIRCUIT STRENGTH  
6:30 PM—YOGA/BALL/PILATES

30

8:30 AM—POUND® \*  
10:00 AM—SS CLASSIC®  
11:00 AM—SS STABILITY®  
4:30 PM—CIRCUIT STRENGTH \*  
5:30 PM—AQUA NOODLE  
5:45 PM—CARDIO CORE \*  
6:45 PM—CORE BURN \*

Like us on Facebook for class schedule updates.



FCHC Fitness

RingCentral®

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

\*Denotes live virtual class via RingCentral