

NEW!

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.

ZUMBA® ●●●●●●●●

Take the "work" out of workout, by mixing low-intensity & high-intensity moves for an interval-style, calorie-burning dance fitness party including elements of Zumba® Toning for the added benefits of resistance training!

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!

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.

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.

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.

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 exercises.

SENIOR ADULT

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 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 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.

YOGA

SUNRISE YOGA ●●●●●●●●

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

YOGA / BALL / PILATES ●●●●●●●●

Change up your yoga routine by adding some pilates and variety! Challenge your muscles, balance & coordination. (Mat required)

VERAFLW ●●●●●●●●

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)

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

FCHC FITNESS

Fitness Class Schedule

September 2021

138 E. Elm Street, Wauseon, OH

419.330.2724



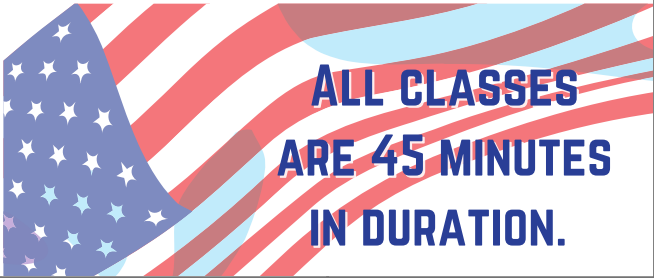


UNLIMITED FITNESS CLASSES + GYM ACCESS

ONLY \$39 A MONTH!

12 month contract required

Ask about our discounts for full-time students, seniors, and families.

SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>ALL CLASSES ARE 45 MINUTES IN DURATION.</p>		<p>1</p> <p>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 *</p>	<p>2</p> <p>5:30 AM—BOOTCAMP * 7:00 AM—SUNRISE YOGA * 8:00 AM—AQUA ZUMBA® 9:00 AM—AQUA ZUMBA® 10:00 AM—SS SPLASH® 11:00 AM—SS SPLASH® 5:30 PM—CARDIO DRUMMING * 6:30 PM—POUND® * 7:00PM—NEW! AQUA FIT ARCHBOLD 4:30 PM—CIRCUIT STRENGTH 5:30 PM—NEW! ZUMBA® 6:30 PM—VERAFLOW</p>	<p>3</p> <p>5:30 AM—BARRE *</p>	<p>4</p> <p>8:45 AM—TOTAL BODY *</p>
 <p>6</p>	<p>7</p> <p>5:30 AM—BOOTCAMP * 7:00 AM—SUNRISE YOGA * 8:00 AM—AQUA ZUMBA® 9:00 AM—AQUA ZUMBA® 10:00 AM—SS SPLASH® 11:00 AM—SS SPLASH® 5:30 PM—CARDIO DRUMMING * 6:30 PM—POUND® * 7:00PM—NEW! AQUA FIT ARCHBOLD-SCOUT CABIN 4:30 PM—CIRCUIT STRENGTH 5:30 PM—NEW! ZUMBA® 6:30 PM—YOGA/ BALL / PILATES</p>	<p>8</p> <p>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 *</p>	<p>9</p> <p>5:30 AM—BOOTCAMP * 7:00 AM—SUNRISE YOGA * 8:00 AM—AQUA ZUMBA® 9:00 AM—AQUA ZUMBA® 10:00 AM—SS SPLASH® 11:00 AM—SS SPLASH® 5:30 PM—CARDIO DRUMMING * 6:30 PM—POUND® * 7:00PM—NEW! AQUA FIT ARCHBOLD 4:30 PM—CIRCUIT STRENGTH 5:30 PM—NEW! ZUMBA® 6:30 PM—VERAFLOW</p>	<p>10</p> <p>5:30 AM—POUND® *</p>	<p>11</p> <p>7:45 AM—BARRE * 8:30 AM—POUND® * 8:45 AM—TOTAL BODY 9:30 AM—CARDIO DRUMMING * 10:30 AM—CORE BURN *</p>
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Password for RingCentral will change at noon on September 1st. An email with the new password will be sent out to all paid fitness class members.

*Denotes live virtual class via RingCentral