

AQUATICS

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.

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 / 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)

UNLIMITED FITNESS CLASSES + GYM ACCESS



ONLY \$39 A MONTH!

12 month contract required

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

STRENGTH & CONDITIONING

BARRE ●●●●●

Inspired by ballet, this class 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!

CIRCUIT STRENGTH ●●●●●

This full body strength training class will 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.

DRUMS ALIVE ●●●●●

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 that intentionally raise and lower your heart rate for optimal calorie burn & cardiovascular benefit. FUN! FUN! FUN FOR ALL!

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 ●●●●●

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

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!

●●●●● low ●●●●● moderate ●●●●● high


FCHC FITNESS

Fitness Class Schedule

January 2022

138 E. Elm Street,
Wauseon, OH
419.330.2724

JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>3</p> <p>5:30 AM-BARRE * 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® *</p>	<p>4</p> <p>5:30 AM-BOOTCAMP * 7:00 AM-SUNRISE YOGA * 8:30 AM-AQUA FIT 10:00 AM-SS SPLASH® 11:00 AM-SS SPLASH® 5:30 PM-DRUMS ALIVE * 6:30 PM-POUND® * 7:00PM-AQUA FIT</p>	<p>5</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>6</p> <p>5:30 AM-BOOTCAMP * 7:00 AM-SUNRISE YOGA * 8:30 AM-AQUA FIT 10:00 AM-SS SPLASH® 11:00 AM-SS SPLASH® 5:30 PM-DRUMS ALIVE * 6:30 PM-POUND® * 7:00PM-AQUA FIT</p>	<p>7</p> <p>5:30 AM-BARRE *</p>	<p>8</p> <p>8:00 AM-BARRE * 9:00 AM-TOTAL BODY</p>
<p>10</p> <p>5:30 AM-BARRE * 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® *</p>	<p>11</p> <p>5:30 AM-BOOTCAMP * 7:00 AM-SUNRISE YOGA * 8:30 AM-AQUA FIT 10:00 AM-SS SPLASH® 11:00 AM-SS SPLASH® 5:30 PM-DRUMS ALIVE * 6:30 PM-POUND® * 7:00PM-AQUA FIT</p>	<p>12</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>13</p> <p>5:30 AM-BOOTCAMP * 7:00 AM-SUNRISE YOGA * 8:30 AM-AQUA FIT 10:00 AM-SS SPLASH® 11:00 AM-SS SPLASH® 5:30 PM-DRUMS ALIVE * 6:30 PM-POUND® * 7:00PM-AQUA FIT</p>	<p>14</p> <p>5:30 AM-BARRE *</p>	<p>15</p> <p>8:00 AM-BARRE * 8:30 AM-POUND® * 9:00 AM-TOTAL BODY 9:30 AM-DRUMS ALIVE * 10:30 AM-CORE BURN *</p>
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Like us on Facebook for class schedule updates.



FCHC Fitness



Password for RingCentral will change at noon on January 3rd. An email with the new password will be sent out to all paid fitness class members.

*Denotes live virtual class via RingCentral