

UNLIMITED FITNESS CLASSES + GYM ACCESS



ONLY \$39 A MONTH!

12 month contract required

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

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

YOGA

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.

●●●●● low

●●●●● moderate

●●●●● high

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!

GRID FIT ●●●●●

This full body, high-intensity. workout will focus on agility, strength, speed & foot skills all while using a 12x12 agility grid. Great for athletes!

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!

MOVE & GROOVE ●●●●●

Get groovy while mixing low-intensity & high-intensity moves for an interval-style, calorie-burning session that will feel more like a dance party than a workout!



Fitness Class Schedule June 2022

138 E. Elm Street,
Wauseon, OH
419.330.2724

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

ALL CLASSES ARE 45 MINUTES IN DURATION.

1
6:30 AM-BOOTCAMP *
10:00 AM-SS CLASSIC
4:30 PM-CIRCUIT STRENGTH *
5:30 PM-AQUA NOODLE
5:30 PM-CARDIO CORE *
6:30 PM-CORE BURN *

2
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
4:30 PM-BARRE *
5:30 PM-DRUMS ALIVE*
6:30 PM-POUND*

3
6:30 AM-BARRE *
9:00 AM-GRID FIT*

4
9:00 AM-TOTAL BODY
10:00 AM-MOVE & GROOVE *

6
6:30 AM-BARRE *
8:00AM-POUND*
9:00AM-GRID FIT *
10:00 AM-SS CLASSIC
4:30 PM-CIRCUIT STRENGTH *
5:30 PM-AQUA NOODLE
5:30 PM-CARDIO CORE *
6:30 PM-CORE BURN*

7
7:00 AM-SUNRISE YOGA *
8:00 AM-POUND*
8:00 AM-AQUA ZUMBA
9:00 AM-AQUA ZUMBA
10:00 AM-SS SPLASH
11:00 AM-SS SPLASH
4:30 PM-BARRE *
5:30 PM-DRUMS ALIVE *
6:30 PM-POUND*

8
6:30 AM-BOOTCAMP *
8:00 AM-POUND*
10:00 AM-SS CLASSIC
4:30 PM-CIRCUIT STRENGTH *
5:30 PM-AQUA NOODLE
5:30 PM-CARDIO CORE *
6:30 PM-CORE BURN *

9
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
4:30 PM-BARRE *
5:30 PM-DRUMS ALIVE*
6:30 PM-POUND*

10
6:30 AM-BARRE *
9:00 AM-GRID FIT*

11
9:00 AM-TOTAL BODY
10:00 AM-MOVE & GROOVE *

13
6:30 AM-BARRE *
8:00AM-POUND*
9:00AM-GRID FIT *
10:00 AM-SS CLASSIC
4:30 PM-CIRCUIT STRENGTH *
5:30 PM-AQUA NOODLE
5:30 PM-CARDIO CORE *
6:30 PM-CORE BURN*

14
7:00 AM-SUNRISE YOGA *
8:00 AM-POUND*
8:00 AM-AQUA ZUMBA
9:00 AM-AQUA ZUMBA
10:00 AM-SS SPLASH
11:00 AM-SS SPLASH
4:30 PM-BARRE *
5:30 PM-DRUMS ALIVE *
6:30 PM-POUND*

15
6:30 AM-BOOTCAMP *
8:00 AM-POUND*
10:00 AM-SS CLASSIC
4:30 PM-CIRCUIT STRENGTH *
5:30 PM-AQUA NOODLE
5:30 PM-CARDIO CORE *
6:30 PM-CORE BURN *

16
7:00 AM-SUNRISE YOGA *
8:00 AM-POUND*
8:00 AM-AQUA ZUMBA
9:00 AM-AQUA ZUMBA
10:00 AM-SS SPLASH
11:00 AM-SS SPLASH
4:30 PM-BARRE *
5:30 PM-DRUMS ALIVE *
6:30 PM-POUND*

17
6:30 AM-BARRE *
9:00 AM-GRID FIT*

18
9:00 AM-TOTAL BODY
10:00 AM-MOVE & GROOVE *

20
6:30 AM-BARRE *
8:00AM-POUND*
9:00AM-GRID FIT *
10:00 AM-SS CLASSIC
4:30 PM-CIRCUIT STRENGTH *
5:30 PM-AQUA NOODLE
5:30 PM-CARDIO CORE *
6:30 PM-CORE BURN*

21
7:00 AM-SUNRISE YOGA *
8:00 AM-POUND*
8:00 AM-AQUA ZUMBA
9:00 AM-AQUA ZUMBA
10:00 AM-SS SPLASH
11:00 AM-SS SPLASH
4:30 PM-BARRE *
5:30 PM-DRUMS ALIVE *
6:30 PM-POUND*

22
6:30 AM-BOOTCAMP *
8:00 AM-POUND*
10:00 AM-SS CLASSIC
4:30 PM-CIRCUIT STRENGTH *
5:30 PM-AQUA NOODLE
5:30 PM-CARDIO CORE *
6:30 PM-CORE BURN *

23
7:00 AM-SUNRISE YOGA *
8:00 AM-POUND*
8:00 AM-AQUA ZUMBA
9:00 AM-AQUA ZUMBA
10:00 AM-SS SPLASH
11:00 AM-SS SPLASH
4:30 PM-BARRE *
5:30 PM-DRUMS ALIVE *
6:30 PM-POUND*

24
6:30 AM-BARRE *
9:00 AM-GRID FIT*

25
9:00 AM-TOTAL BODY
10:00 AM-MOVE & GROOVE *

27
6:30 AM-BARRE *
8:00AM-POUND*
9:00AM-GRID FIT *
10:00 AM-SS CLASSIC
4:30 PM-CIRCUIT STRENGTH *
5:30 PM-AQUA NOODLE
5:30 PM-CARDIO CORE *
6:30 PM-CORE BURN*

28
7:00 AM-SUNRISE YOGA *
8:00 AM-POUND*
8:30 AM-AQUA FIT
10:00 AM-SS SPLASH
11:00 AM-SS SPLASH
4:30 PM-BARRE *
5:30 PM-DRUMS ALIVE *
6:30 PM-POUND*

29
6:30 AM-BOOTCAMP *
8:00 AM-POUND*
10:00 AM-SS CLASSIC
4:30 PM-CIRCUIT STRENGTH *
5:30 PM-AQUA NOODLE
5:30 PM-CARDIO CORE *
6:30 PM-CORE BURN *

30
7:00 AM-SUNRISE YOGA *
8:00 AM-POUND*
8:30 AM-AQUA FIT
10:00 AM-SS SPLASH
11:00 AM-SS SPLASH
4:30 PM-BARRE *
5:30 PM-DRUMS ALIVE*
6:30 PM-POUND*

Like us on Facebook for class schedule updates.
f FCFC Fitness



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

