

ONLY \$39 A MONTH!

12 month contract required

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

Punch Cards Available By Location - \$50 for 10 classes!!!

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.

SLIVERSNEAKERS 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

YOGA ●●●●●

Give yourself the gift of body awareness, strength, flexibility, & mindfulness in this class -- open to all ages and experience levels. Enjoy yoga at your own pace with chair and mat modifications, or progressions available. A yoga class for all!

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.

BARRE BLITZ ●●●●●

Everything you love about Barre with a blast of cardio!

BOOTCAMP ●●●●●

Looking to spice up your workout? This class will be different every day to always keep 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.

STRONGER CORE & PELVIC FLOOR (SC&PF) ●●●●●

Designed for postpartum recovery & pelvic floor health for all women. No cardio, just 30 minutes of strengthening. All levels of fitness are welcome. You can even bring your baby along!

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!

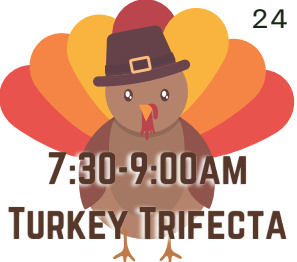



Fitness Class Schedule November 2022

138 E. Elm Street,
Wauseon, OH
419.330.2724

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>CLASSES ARE 45 MINUTES IN DURATION.</p>	<p>1</p> <p>8:00 AM-POUND® *</p> <p>8:00 AM-AQUA ZUMBA ®</p> <p>9:00 AM-AQUA ZUMBA ®</p> <p>9:00 AM-YOGA *</p> <p>10:00 AM-SS SPLASH®</p> <p>11:00 AM-SS SPLASH®</p> <p>4:30 PM-BARRE *</p> <p>5:30 PM-DRUMS ALIVE *</p> <p>6:30 PM-POUND® *</p>	<p>2</p> <p>5:30 AM-BOOTCAMP *</p> <p>10:00 AM-SS CLASSIC®</p> <p>4:30 PM-CIRCUIT STRENGTH *</p> <p>5:30 PM-AQUA NOODLE</p> <p>5:30 PM-CARDIO CORE *</p> <p>6:30 PM-CORE BURN *</p>	<p>3</p> <p>8:00 AM-POUND® *</p> <p>8:00 AM-AQUA ZUMBA ®</p> <p>9:00 AM-AQUA ZUMBA ®</p> <p>9:00 AM-YOGA *</p> <p>10:00 AM-SS SPLASH®</p> <p>11:00 AM-SS SPLASH®</p> <p>5:30 PM-DRUMS ALIVE *</p> <p>6:30 PM-POUND® *</p>	<p>4</p> <p>5:30 AM-BARRE *</p>	<p>5</p> <p>8:00 AM-POUND® *</p> <p>9:00 AM-DRUMS ALIVE *</p> <p>9:00 AM-TOTAL BODY *</p> <p>10:00 AM-CORE BURN *</p> <p>11:00 AM-SC&PF *</p>	
	<p>7</p> <p>5:30 AM-BARRE BLITZ *</p> <p>10:00 AM-SS CLASSIC®</p> <p>4:30 PM-CIRCUIT STRENGTH *</p> <p>5:30 PM-AQUA NOODLE</p> <p>5:30 PM-CARDIO CORE *</p> <p>6:30 PM-SC&PF *</p>	<p>8</p> <p>8:00 AM-POUND® *</p> <p>8:00 AM-AQUA ZUMBA ®</p> <p>9:00 AM-AQUA ZUMBA ®</p> <p>9:00 AM-YOGA *</p> <p>10:00 AM-SS SPLASH®</p> <p>11:00 AM-SS SPLASH®</p> <p>4:30 PM-BARRE *</p> <p>5:30 PM-DRUMS ALIVE *</p> <p>6:30 PM-POUND® *</p>	<p>9</p> <p>5:30 AM-BOOTCAMP *</p> <p>10:00 AM-SS CLASSIC®</p> <p>4:30 PM-CIRCUIT STRENGTH *</p> <p>5:30 PM-AQUA NOODLE</p> <p>5:30 PM-CARDIO CORE *</p> <p>6:30 PM-CORE BURN *</p>	<p>10</p> <p>8:00 AM-POUND® *</p> <p>8:00 AM-AQUA ZUMBA ®</p> <p>9:00 AM-AQUA ZUMBA ®</p> <p>9:00 AM-YOGA *</p> <p>10:00 AM-SS SPLASH®</p> <p>11:00 AM-SS SPLASH®</p> <p>5:30 PM-DRUMS ALIVE *</p> <p>6:30 PM-POUND® *</p>	<p>11</p> <p>5:30 AM-BARRE *</p>	<p>12</p> <p>8:00 AM-POUND® *</p> <p>9:00 AM-DRUMS ALIVE *</p> <p>9:00 AM-TOTAL BODY *</p> <p>10:00 AM-CORE BURN *</p> <p>11:00 AM-SC&PF *</p>
	<p>14</p> <p>5:30 AM-BARRE BLITZ *</p> <p>10:00 AM-SS CLASSIC®</p> <p>4:30 PM-CIRCUIT STRENGTH *</p> <p>5:30 PM-AQUA NOODLE</p> <p>5:30 PM-CARDIO CORE *</p> <p>6:30 PM-SC&PF *</p>	<p>15</p> <p>8:00 AM-POUND® *</p> <p>8:00 AM-AQUA ZUMBA ®</p> <p>9:00 AM-AQUA ZUMBA ®</p> <p>9:00 AM-YOGA *</p> <p>10:00 AM-SS SPLASH®</p> <p>11:00 AM-SS SPLASH®</p> <p>4:30 PM-BARRE *</p> <p>5:30 PM-DRUMS ALIVE *</p> <p>6:30 PM-POUND® *</p>	<p>16</p> <p>5:30 AM-BOOTCAMP *</p> <p>10:00 AM-SS CLASSIC®</p> <p>4:30 PM-CIRCUIT STRENGTH *</p> <p>5:30 PM-AQUA NOODLE</p> <p>5:30 PM-CARDIO CORE *</p> <p>6:30 PM-CORE BURN *</p>	<p>17</p> <p>8:00 AM-POUND® *</p> <p>8:00 AM-AQUA ZUMBA ®</p> <p>9:00 AM-AQUA ZUMBA ®</p> <p>9:00 AM-YOGA *</p> <p>10:00 AM-SS SPLASH®</p> <p>11:00 AM-SS SPLASH®</p> <p>5:30 PM-DRUMS ALIVE *</p> <p>6:30 PM-POUND® *</p>	<p>18</p> <p>5:30 AM-BARRE *</p>	<p>19</p> <p>8:00 AM-POUND® *</p> <p>9:00 AM-DRUMS ALIVE *</p> <p>10:00 AM-CORE BURN *</p> <p>11:00 AM-SC&PF *</p>
	<p>21</p> <p>5:30 AM-BARRE BLITZ *</p> <p>10:00 AM-SS CLASSIC®</p> <p>4:30 PM-CIRCUIT STRENGTH *</p> <p>5:30 PM-AQUA NOODLE</p> <p>5:30 PM-CARDIO CORE *</p> <p>6:30 PM-SC&PF *</p>	<p>22</p> <p>8:00 AM-POUND® *</p> <p>8:00 AM-AQUA ZUMBA ®</p> <p>9:00 AM-AQUA ZUMBA ®</p> <p>9:00 AM-YOGA *</p> <p>10:00 AM-SS SPLASH®</p> <p>11:00 AM-SS SPLASH®</p> <p>4:30 PM-BARRE *</p> <p>5:30 PM-DRUMS ALIVE *</p> <p>6:30 PM-POUND® *</p>	<p>23</p> <p>6:00 AM-BOOTCAMP *</p> <p>10:00 AM-SS CLASSIC®</p> <p>4:30 PM-CIRCUIT STRENGTH *</p> <p>5:30 PM-AQUA NOODLE</p> <p>5:30 PM-CARDIO CORE *</p> <p>6:30 PM-CORE BURN *</p>	<p>24</p>  <p>7:30-9:00AM TURKEY TRIFECTA</p>	<p>25</p> <p>9:00 AM TURKEY BURN</p>	<p>26</p> <p>9:00 AM-TOTAL BODY *</p>
	<p>28</p> <p>5:30 AM-BARRE BLITZ *</p> <p>10:00 AM-SS CLASSIC®</p> <p>4:30 PM-CIRCUIT STRENGTH *</p> <p>5:30 PM-AQUA NOODLE</p> <p>5:30 PM-CARDIO CORE *</p> <p>6:30 PM-SC&PF *</p>	<p>29</p> <p>8:00 AM-POUND® *</p> <p>8:00 AM-AQUA ZUMBA ®</p> <p>9:00 AM-AQUA ZUMBA ®</p> <p>9:00 AM-YOGA *</p> <p>10:00 AM-SS SPLASH®</p> <p>11:00 AM-SS SPLASH®</p> <p>4:30 PM-BARRE *</p> <p>5:30 PM-DRUMS ALIVE *</p> <p>6:30 PM-POUND® *</p>	<p>30</p> <p>5:30 AM-BOOTCAMP *</p> <p>10:00 AM-SS CLASSIC®</p> <p>4:30 PM-CIRCUIT STRENGTH *</p> <p>5:30 PM-AQUA NOODLE</p> <p>5:30 PM-CARDIO CORE *</p> <p>6:30 PM-CORE BURN *</p>			



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

*Denotes live virtual class via RingCentral

