

Unlimited fitness classes + gym access

ONLY \$39 A MONTH!

(12 month contract required)

OR

10 Classes for \$50

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

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!

PENALTY BOX® ●●●●●

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

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!



FCHC FITNESS

Fitness Class Schedule December 2022

138 E. Elm Street,
Wauseon, OH
419.330.2724

low moderate high low moderate high

Monday

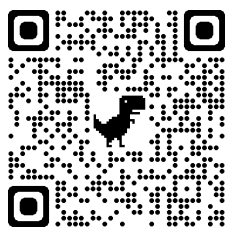
Tuesday

Wednesday

Thursday

Friday

Saturday



To sign up for classes, view On Demand Classes, and view the monthly Ring Central password log in to your online portal at: fchcfitness.ataris.us OR contact the front desk.



1
8:00 AM-AQUA ZUMBA ®
9:00 AM-AQUA ZUMBA ®
9:00 AM-YOGA *
10:00 AM-SS SPLASH®
11:00 AM-SS SPLASH®
5:30 PM-DRUMS ALIVE *

2
5:30 AM-BARRE *

3
9:00 AM-TOTAL BODY *
10:00 AM-CORE BURN *

5
5:30 AM-BARRE BLITZ *
10:00 AM-SS CLASSIC®
4:30 PM-CIRCUIT STRENGTH *
5:30 PM-AQUA NOODLE
5:30 PM-CARDIO CORE *
6:30 PM-SC&PF *

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

7
5:30 AM-POUND® *
10:00 AM-SS CLASSIC®
3:30 PM-PENALTY BOX® *
4:30 PM-CIRCUIT STRENGTH *
5:30 PM-AQUA NOODLE
5:30 PM-CARDIO CORE *
6:30 PM-CORE BURN *

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

9
5:30 AM-BARRE *

10
8:00 AM-POUND® *
9:00 AM-DRUMS ALIVE *
9:00 AM-TOTAL BODY *
10:00 AM-CORE BURN *
11:00 AM-SC&PF *

12
5:30 AM-BARRE BLITZ *
10:00 AM-SS CLASSIC®
4:30 PM-CIRCUIT STRENGTH *
5:30 PM-AQUA NOODLE
5:30 PM-CARDIO CORE *
6:30 PM-SC&PF *

13
8:00 AM-POUND® *
8:00 AM-AQUA ZUMBA ®
9:00 AM-AQUA ZUMBA ®
9:00 AM-YOGA *
10:00 AM-SS SPLASH®
11:00 AM-SS SPLASH®
4:30 PM-BARRE *
5:30 PM-DRUMS ALIVE *
6:30 PM-POUND® *

14
5:30 AM-BOOTCAMP *
10:00 AM-SS CLASSIC®
3:30 PM-PENALTY BOX® *
4:30 PM-CIRCUIT STRENGTH *
5:30 PM-AQUA NOODLE
5:30 PM-CARDIO CORE *
6:30 PM-CORE BURN *

15
8:00 AM-POUND® *
8:00 AM-AQUA ZUMBA ®
9:00 AM-AQUA ZUMBA ®
9:00 AM-YOGA *
10:00 AM-SS SPLASH®
11:00 AM-SS SPLASH®
5:30 PM-DRUMS ALIVE *
6:30 PM-POUND® *

16
5:30 AM-BARRE *

17
8:00 AM-POUND® *
9:00 AM-DRUMS ALIVE *
9:00 AM-TOTAL BODY *
10:00 AM-CORE BURN *
11:00 AM-SC&PF *

19
5:30 AM-BARRE BLITZ *
10:00 AM-SS CLASSIC®
5:30 PM-AQUA NOODLE
5:30 PM-CARDIO CORE *

20
8:00 AM-POUND® *
8:00 AM-AQUA ZUMBA ®
9:00 AM-AQUA ZUMBA ®
9:00 AM-YOGA *
10:00 AM-SS SPLASH®
11:00 AM-SS SPLASH®
5:30 PM-DRUMS ALIVE *

21
5:30 AM-BOOTCAMP *
10:00 AM-SS CLASSIC®
3:30 PM-PENALTY BOX® *
4:30 PM-CIRCUIT STRENGTH *
5:30 PM-AQUA NOODLE
5:30 PM-CARDIO CORE *

22
8:00 AM-POUND® *
8:00 AM-AQUA ZUMBA ®
9:00 AM-AQUA ZUMBA ®
9:00 AM-YOGA *
10:00 AM-SS SPLASH®
11:00 AM-SS SPLASH®
5:30 PM-POUND® *

23
7:00 AM-BARRE *

24
9:00 AM-TOTAL BODY *

26
8:00 AM-BARRE BLEND *
Merry Christmas

27
8:00 AM-POUND® *
8:00 AM-AQUA ZUMBA ®
9:00 AM-AQUA ZUMBA ®
9:00 AM-YOGA *
10:00 AM-SS SPLASH®
11:00 AM-SS SPLASH®
5:30 PM-BARRE *

28
10:00 AM-SS CLASSIC®
3:30 PM-PENALTY BOX® *
5:30 PM-AQUA NOODLE
5:30 PM-CORE BURN *

29
8:00 AM-POUND® *
8:00 AM-AQUA ZUMBA ®
9:00 AM-AQUA ZUMBA ®
9:00 AM-YOGA *
10:00 AM-SS SPLASH®
11:00 AM-SS SPLASH®
5:30 PM-POUND® *

30
8:00 AM-BARRE *

31
9:00 AM-TOTAL BODY *



Password for RingCentral will change at noon on December 1st. On Demand Classes and RingCentral password available to GET FIT members only.

*Denotes live virtual class via RingCentral

DECEMBER