

## BEGINNER CYCLE ● ● ● ● ●

A 30-minute ride for all fitness levels designed to introduce you to the foundations of indoor cycling that is sure to get you sweating! This class will prepare you for more advanced classes in the future.

## AQUATICS

## 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 CIRCUIT® ● ● ● ● ●

Interval-style training, designed to strengthen your upper-body with tubing, handheld weights and a SilverSneakers ball. Low-impact cardio movements are alternated to maximize fitness benefits. A chair is offered for support.

## 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 ENERCHI® ● ● ● ● ●

Seated or standing tai chi movements in flowing sequence to progress strength, balance and focus.

## 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 &amp; 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 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.

## 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 &amp; PELVIC FLOOR (SC&amp;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!

## ZUMBA® ● ● ● ● ●

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.


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



## Fitness Class Schedule

# March 2023

138 E. Elm Street,  
Wauseon, OH  
419.330.2724

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>To sign up for classes, view On Demand Classes, and view the monthly Ring Central password log in to your online portal at: <a href="http://fchcfitness.antaris.us">fchcfitness.antaris.us</a> OR contact the front desk.</p>		1	2	3	4
		5:30 AM—POUND® * 10:00 AM—SS CLASSIC® 3:30 PM—PENALTY BOX® * 4:30 PM—CIRCUIT STRENGTH * 5:30 PM—BEGINNNGER CYCLE 5:30 PM—AQUA NOODLE 5:30 PM—CARDIO CORE * 6:30 PM—CORE BURN *	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—BEGINNNGER CYCLE 5:30 PM—DRUMS ALIVE * 6:30 PM—POUND® *	5:30 AM—BARRE * 9:15 AM—BEGINNNGER CYCLE	8:00 AM—POUND® * 9:00 AM—DRUMS ALIVE * 9:00 AM—BEGINNNGER CYCLE 10:00 AM—TOTAL BODY * 10:00 AM—CORE BURN * 11:00 AM—SC&PF * 11:00 AM—SS ENERCHI*
	6	7	8	9	10
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	20	21	22	23	18
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	27	28	29	30	25
	5:30 AM—BARRE BLITZ * 8:30 AM—BEGINNNGER CYCLE 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 *	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® *	5:30 AM—POUND® * 10:00 AM—SS CLASSIC® 3:30 PM—PENALTY BOX® * 4:30 PM—CIRCUIT STRENGTH * 5:30 PM—BEGINNNGER CYCLE 5:30 PM—AQUA NOODLE 5:30 PM—CARDIO CORE * 6:30 PM—CORE BURN *	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—BEGINNNGER CYCLE 5:30 PM—DRUMS ALIVE * 6:30 PM—POUND® *	5:30 AM—BARRE * 9:15 AM—BEGINNNGER CYCLE
				31	
				5:30 AM—BARRE * 9:15 AM—BEGINNNGER CYCLE	8:00 AM—ZUMBA® * 9:00 AM—KICKBOXING* 9:00 AM—BEGINNNGER CYCLE 10:00 AM—TOTAL BODY * 10:00 AM—VERA FLOW * 11:00 AM—SS CIRCUIT *
					UNLIMITED FITNESS CLASSES AND GYM ACCESS <b>ONLY \$39 A MONTH!</b> OR <b>10 CLASSES FOR \$50</b>