

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.

SLÍVERSNEAKERS 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



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.

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®

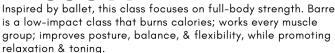
Seated or standing tai chi movements in flowing sequence to progress strength, balance and focus.

YOGA



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!





BOOTCAMP • •

CARDIO CORE











Looking to spice up your workout? This class will be different every day to always keep the body guessing!

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

SilverSneakers®

classes are free to

SilverSneakers®

card holders.

regular pricing

applies to others.



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®

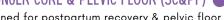






Channel your inner rock star with this full-body cardio jam session inspired by infectious, sweat dripping fun of playing the drums. Instead of listening to music, you BECOME the music in this exhilarating workout combining cardio & strength training with yoga & pilates-inspired movements.

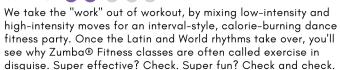
STRONGER CORE & PELVIC FLOOR (SC&PF)



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!

ZUMBA®





Wauseon, OH 419.330.2724

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Or and log in	gn up for classes, view in Demand Classes, view the monthly Ring Central password to your online portal at: ofitness.antaris.us OR	5:30 AM-POUND® * 10:00 AM-SS CLASSIC® 3:30 PM-PENALTY BOX® * 4:30 PM-CIRCUIT STRENGTH * 5:30 PM-BEGINNGER CYCLE 5:30 PM-AQUA NOODLE 5:30 PM-CARDIO CORE * 6:30 PM-CORE BURN *	2 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-BEGINNGER CYCLE 5:30 PM-DRUMS ALIVE * 6:30 PM-POUND® *	3 5:30 AM-BARRE * 9:15 AM-BEGINNGER CYCLE	8:00 AM-POUND® * 9:00 AM-DRUMS ALIVE * 9:00 AM-BEGINNGER CYCLE 10:00 AM-TOTAL BODY * 10:00 AM-CORE BURN * 11:00 AM-SC&PF * 11:00 AM-SS ENERCHI*
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Password for RingCentral will change at noon on March 1st. On Demand Classes and RingCentral password available to GET FIT members only.