

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 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.

CYCLING

BEGINNER CYCLE ●●●●●●●●●●
A ride for all fitness levels designed to introduce you to the foundations of indoor cycling. Learn proper bike set up, review terminology, & prepare you for more advanced classes in the future.

CYCLE ●●●●●●●●●●
Experience the heart-pumping, sweat-pouring, fat-burning benefits of cycle in this ride that will keep you coming back for more. Incorporating jumps, climbs, sprints & heart rate-boosting fat-burning intervals.

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

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!

●●●●●●●●●● 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 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!

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!

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.

TABATA ●●●●●●●●●●
A system of short, high-intensity intervals developed by Japanese professor, Izumi Tabata. Tabata training can push individuals to new physical levels never imagined & continue to burn calories for hours after.

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!

●●●●●●●●●● low moderate high

Fitness Class Schedule

September 2023

138 E. Elm Street,
Wauseon, OH
419.330.2724

Monday

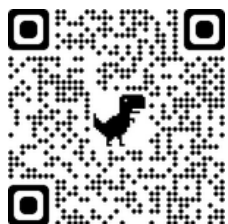
Tuesday

Wednesday

Thursday

Friday

Saturday



UNLIMITED FITNESS CLASSES AND GYM ACCESS

ONLY \$39 A MONTH!

OR

10 CLASSES FOR \$50



| | | | | | |
|--|---|--|---|--|--|
|  | <p>5:30 AM—CYCLE 8:00 AM—POUND® * 8:15 AM—CYCLE 9:00 AM—AQUA FIT 9:00 AM—YOGA * 10:00 AM—SS SPLASH® 11:00 AM—SS SPLASH® 5:30 PM—DRUMS ALIVE * 6:30 PM—POUND® *</p> | <p>5:30 AM—BOOTCAMP * 7:00 AM—BEGINNER CYCLE 8:00 AM—TOTAL BODY * 9:00 AM—YOGA * 9:00 AM—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 *</p> | <p>5:30 AM—CYCLE 8:00 AM—POUND® * 9:00 AM—CYCLE 9:00 AM—YOGA * 10:00 AM—SS SPLASH® 11:00 AM—SS SPLASH® 4:30 PM—CYCLE 5:30 PM—DRUMS ALIVE * 6:30 PM—POUND® *</p> | <p>5:30 AM—BARRE * 7:00 AM—BARRE * 9:00 AM—CYCLE 10:00 AM—YOGA *</p> | <p>9:00 AM—BEGINNER CYCLE 9:00 AM—TABATA * 10:00 AM—CYCLE 10:00 AM—TOTAL BODY *</p> |
| <p>5:30 AM—BARRE * 8:15 AM—CYCLE 9:00 AM—YOGA * 10:00 AM—SS CLASSIC® 4:30 PM—CIRCUIT STRENGTH * 4:30 PM—CYCLE 5:30 PM—BEGINNER CYCLE 5:30 PM—AQUA NOODLE 5:30 PM—CARDIO CORE * 6:30 PM—CORE BURN *</p> | <p>5:30 AM—CYCLE 5:30 AM—BOOTCAMP * 8:00 AM—POUND® * 8:15 AM—CYCLE 9:00 AM—AQUA FIT 9:00 AM—YOGA * 10:00 AM—SS SPLASH® 11:00 AM—SS SPLASH® 4:30 PM—BARRE * 5:30 PM—DRUMS ALIVE * 5:45 PM—CYCLE * 6:30 PM—POUND® *</p> | <p>5:30 AM—BOOTCAMP * 7:00 AM—CYCLE 8:00 AM—TOTAL BODY * 9:00 AM—YOGA * 9:00 AM—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 *</p> | <p>8:00 AM—POUND® * 9:00 AM—CYCLE 9:00 AM—YOGA * 10:00 AM—SS SPLASH® 11:00 AM—SS SPLASH® 4:30 PM—CYCLE 5:30 PM—DRUMS ALIVE * 6:30 PM—POUND® *</p> | <p>5:30 AM—BARRE * 7:00 AM—BARRE * 9:00 AM—CYCLE 10:00 AM—YOGA *</p> | |
| <p>5:30 AM—BARRE * 8:15 AM—CYCLE 9:00 AM—YOGA * 10:00 AM—SS CLASSIC® 4:30 PM—CIRCUIT STRENGTH * 4:30 PM—CYCLE 5:30 PM—CYCLE 5:30 PM—AQUA NOODLE 5:30 PM—CARDIO CORE * 6:30 PM—CORE BURN *</p> | <p>5:30 AM—BEGINNER CYCLE 5:30 AM—BOOTCAMP * 8:00 AM—POUND® * 8:00 AM—AQUA ZUMBA® 8:15 AM—CYCLE 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 * 5:45 PM—CYCLE * 6:30 PM—POUND® *</p> | <p>7:00 AM—CYCLE 8:00 AM—TOTAL BODY * 9:00 AM—YOGA * 9:00 AM—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 *</p> | <p>5:30 AM—CYCLE 8:00 AM—POUND® * 8:00 AM—AQUA ZUMBA® 9:00 AM—AQUA ZUMBA® 9:00 AM—CYCLE 9:00 AM—YOGA * 10:00 AM—SS SPLASH® 11:00 AM—SS SPLASH® 4:30 PM—CYCLE 5:30 PM—DRUMS ALIVE * 6:30 PM—POUND® *</p> | <p>5:30 AM—BARRE * 7:00 AM—BARRE * 9:00 AM—CYCLE 10:00 AM—YOGA *</p> | <p>8:00 AM—BARRE * 8:00 AM—POUND® * 9:00 AM—CYCLE 9:00 AM—DRUMS ALIVE * 10:00 AM—CYCLE 10:00 AM—TOTAL BODY *</p> |
| <p>5:30 AM—BARRE * 8:15 AM—CYCLE 9:00 AM—YOGA * 10:00 AM—SS CLASSIC® 4:30 PM—CIRCUIT STRENGTH * 4:30 PM—CYCLE 5:30 PM—CYCLE 5:30 PM—AQUA NOODLE 5:30 PM—CARDIO CORE * 6:30 PM—CORE BURN *</p> | <p>5:30 AM—BEGINNER CYCLE 5:30 AM—BOOTCAMP * 8:00 AM—POUND® * 8:00 AM—AQUA ZUMBA® 8:15 AM—CYCLE 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 * 5:45 PM—CYCLE * 6:30 PM—POUND® *</p> | <p>5:30 AM—BOOTCAMP * 7:00 AM—CYCLE 8:00 AM—TOTAL BODY * 9:00 AM—YOGA * 9:00 AM—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 *</p> | <p>5:30 AM—CYCLE 8:00 AM—POUND® * 8:00 AM—AQUA ZUMBA® 9:00 AM—AQUA ZUMBA® 9:00 AM—CYCLE 9:00 AM—YOGA * 10:00 AM—SS SPLASH® 11:00 AM—SS SPLASH® 4:30 PM—CYCLE 5:30 PM—DRUMS ALIVE * 6:30 PM—POUND® *</p> | <p>5:30 AM—CORE BURN * 7:00 AM—BARRE * 9:00 AM—CYCLE 10:00 AM—YOGA *</p> | <p>8:00 AM—BARRE * 9:00 AM—CYCLE 9:00 AM—TABATA * 10:00 AM—TOTAL BODY *</p> |



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

*Denotes live virtual class via RingCentral