AQUATICS





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.

AOUA 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®

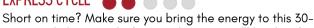


Splash offers shallow water moves to improve agility, flexibility & cardiovascular endurance. No swimming ability is required. Develop strength, balance, & coordination. Ideal for those with arthritis, as this class consists of range of motion, strengthening, & endurance exercises.

CYCLING

EXPRESS CYCLE





minute ride because before you know it, you'll be done! All you lover about cycle, but in less time.

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 rateboosting fat-burning intervals.

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

high

YOGA





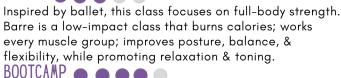
Give yourself the gift of body awareness, strength, flexibility, & mindfulness in this class -- open to all ages and experience levels. Enjoy yoga at your own pace with chair and mat modifications, or progressions available. A yoga class for all!

moderate

STRENGTH & CONDITIONING







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



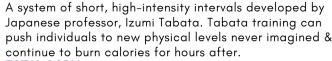
Powerful beat & rhythm of the drums, using the stability ball that will get your feet stomping & your body moving. Simple movements on, with, & around the ball that intentionally raise and lower your heart rate for optimal calorie burn & cardiovascular benefit. FUN! FUN! FUN FOR ALL!

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



TOTAL BODY

low



For anyone looking to get lean, tone, & fit - FAST. Be ready to sweat to the music, challenge your strength & endurance, & work the total body!

high

moderate



138 E. Elm Street, Wauseon, OH 419.330.2724

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2 5:30 AM-BARRE * 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 *	3 5:30 AM-CYCLE 8:00 AM-POUND® * 10:00 AM-SS SPLASH® 11:00 AM-SS SPLASH® 5:30 PM-DRUMS ALIVE * 6:30 PM-POUND® *	9:00 AM-TOTAL BODY * 9:00 AM-EXPRESS 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 *	5:30 AM-CYCLE 8:00 AM-POUND® * 8:00 AM-AQUA ZUMBA® 9:00 AM-AQUA ZUMBA ® 9:00 AM-YOGA * 9:00 AM-EXPRESS CYCLE 10:00 AM-SS SPLASH® 11:00 AM-SS SPLASH® 4:30 PM-EXPRESS CYCLE 5:30 PM-DRUMS ALIVE * 6:30 PM-POUND® *	5:30 AM-BARRE * 8:00 AM-BARRE + YOGA * 9:00 AM-EXPRESS CYCLE	7 8:00 AM-BARRE * 9:00 AM-CYCLE 10:00 AM-CYCLE 10:00 AM-TOTAL BODY *
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5:30 PM-CARDIO CORE *

6:30 PM-CORE BURN *

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



ONLY \$39 A MONTH!

10 CLASSES FOR \$50







Password for RingCentral will change at noon on October 2nd. On Demand Classes and RingCentral password available to GET FIT members only.