

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

EXPRESS CYCLE ●●●●●

Short on time? Make sure you bring the energy to this 30-minute ride because before you know it, you'll be done! All you love 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 rate-boosting 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® 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!

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!

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 October 2023

138 E. Elm Street,
Wauseon, OH
419.330.2724



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>5:30 AM—BARRE *</p> <p>10:00 AM—SS CLASSIC®</p> <p>4:30 PM—CIRCUIT STRENGTH *</p> <p>5:30 PM—AQUA NOODLE</p> <p>5:30 PM—CARDIO CORE *</p> <p>6:30 PM—CORE BURN *</p>	<p>3</p> <p>5:30 AM—CYCLE</p> <p>8:00 AM—POUND® *</p> <p>10:00 AM—SS SPLASH®</p> <p>11:00 AM—SS SPLASH®</p> <p>5:30 PM—DRUMS ALIVE *</p> <p>6:30 PM—POUND® *</p>	<p>4</p> <p>9:00 AM—TOTAL BODY *</p> <p>9:00 AM—EXPRESS CYCLE</p> <p>10:00 AM—SS CLASSIC®</p> <p>4:30 PM—CIRCUIT STRENGTH *</p> <p>5:30 PM—AQUA NOODLE</p> <p>5:30 PM—CARDIO CORE *</p> <p>6:30 PM—CORE BURN *</p>	<p>5</p> <p>5:30 AM—CYCLE</p> <p>8:00 AM—POUND® *</p> <p>8:00 AM—AQUA ZUMBA®</p> <p>9:00 AM—AQUA ZUMBA®</p> <p>9:00 AM—YOGA *</p> <p>9:00 AM—EXPRESS CYCLE</p> <p>10:00 AM—SS SPLASH®</p> <p>11:00 AM—SS SPLASH®</p> <p>4:30 PM—EXPRESS CYCLE</p> <p>5:30 PM—DRUMS ALIVE *</p> <p>6:30 PM—POUND® *</p>	<p>6</p> <p>5:30 AM—BARRE *</p> <p>8:00 AM—BARRE + YOGA *</p> <p>9:00 AM—EXPRESS CYCLE</p>	<p>7</p> <p>8:00 AM—BARRE *</p> <p>9:00 AM—CYCLE</p> <p>10:00 AM—CYCLE</p> <p>10:00 AM—TOTAL BODY *</p>
<p>9</p> <p>5:30 AM—BARRE *</p> <p>10:00 AM—SS CLASSIC®</p> <p>4:30 PM—CIRCUIT STRENGTH *</p> <p>5:30 PM—CYCLE</p> <p>5:30 PM—AQUA NOODLE</p> <p>5:30 PM—CARDIO CORE *</p> <p>6:30 PM—CORE BURN *</p>	<p>10</p> <p>5:30 AM—CYCLE</p> <p>5:30 AM—TABATA *</p> <p>8:00 AM—POUND® *</p> <p>8:00 AM—AQUA ZUMBA®</p> <p>9:00 AM—YOGA *</p> <p>9:00 AM—AQUA ZUMBA®</p> <p>10:00 AM—SS SPLASH®</p> <p>11:00 AM—SS SPLASH®</p> <p>5:30 PM—DRUMS ALIVE *</p> <p>6:30 PM—POUND® *</p>	<p>11</p> <p>9:00 AM—TOTAL BODY *</p> <p>9:00 AM—EXPRESS CYCLE</p> <p>10:00 AM—SS CLASSIC®</p> <p>4:30 PM—CIRCUIT STRENGTH *</p> <p>5:30 PM—AQUA NOODLE</p> <p>5:30 PM—CARDIO CORE *</p> <p>6:30 PM—CORE BURN *</p>	<p>12</p> <p>5:30 AM—CYCLE</p> <p>8:00 AM—POUND® *</p> <p>8:00 AM—AQUA ZUMBA®</p> <p>9:00 AM—AQUA ZUMBA®</p> <p>9:00 AM—YOGA *</p> <p>9:00 AM—EXPRESS CYCLE</p> <p>10:00 AM—SS SPLASH®</p> <p>11:00 AM—SS SPLASH®</p> <p>5:30 PM—DRUMS ALIVE *</p> <p>6:30 PM—POUND® *</p>	<p>13</p> <p>5:30 AM—BARRE *</p> <p>8:00 AM—BARRE + YOGA *</p> <p>9:00 AM—EXPRESS CYCLE</p>	<p>14</p> <p>9:00-11:00AM WORKOUT FOR A CURE</p>
<p>16</p> <p>10:00 AM—SS CLASSIC®</p> <p>4:30 PM—CIRCUIT STRENGTH *</p> <p>5:30 PM—CYCLE</p> <p>5:30 PM—AQUA NOODLE</p> <p>5:30 PM—CARDIO CORE *</p> <p>6:30 PM—CORE BURN *</p>	<p>17</p> <p>5:30 AM—CYCLE</p> <p>5:30 AM—TABATA *</p> <p>8:00 AM—POUND® *</p> <p>8:00 AM—AQUA ZUMBA®</p> <p>9:00 AM—YOGA *</p> <p>9:00 AM—AQUA ZUMBA®</p> <p>10:00 AM—SS SPLASH®</p> <p>11:00 AM—SS SPLASH®</p> <p>4:30 PM—BARRE *</p> <p>5:30 PM—DRUMS ALIVE *</p> <p>5:30 PM—CYCLE</p> <p>6:30 PM—POUND® *</p>	<p>18</p> <p>5:30 AM—BOOTCAMP *</p> <p>9:00 AM—TOTAL BODY *</p> <p>9:00 AM—EXPRESS CYCLE</p> <p>10:00 AM—SS CLASSIC®</p> <p>4:30 PM—CIRCUIT STRENGTH *</p> <p>5:30 PM—AQUA NOODLE</p> <p>5:30 PM—CARDIO CORE *</p> <p>6:30 PM—CORE BURN *</p>	<p>19</p> <p>5:30 AM—CYCLE</p> <p>8:00 AM—POUND® *</p> <p>8:00 AM—AQUA ZUMBA®</p> <p>9:00 AM—AQUA ZUMBA®</p> <p>9:00 AM—YOGA *</p> <p>9:00 AM—EXPRESS CYCLE</p> <p>10:00 AM—SS SPLASH®</p> <p>11:00 AM—SS SPLASH®</p> <p>4:30 PM—EXPRESS CYCLE</p> <p>5:30 PM—DRUMS ALIVE *</p> <p>6:30 PM—POUND® *</p>	<p>20</p> <p>5:30 AM—BARRE *</p> <p>8:00 AM—BARRE + YOGA *</p> <p>9:00 AM—EXPRESS CYCLE</p>	<p>21</p> <p>8:00 AM—BARRE *</p> <p>9:00 AM—CYCLE</p> <p>10:00 AM—CYCLE</p> <p>10:00 AM—TOTAL BODY *</p>
<p>23</p> <p>5:30 AM—BARRE *</p> <p>10:00 AM—SS CLASSIC®</p> <p>4:30 PM—CIRCUIT STRENGTH *</p> <p>5:30 PM—CYCLE</p> <p>5:30 PM—AQUA NOODLE</p> <p>5:30 PM—CARDIO CORE *</p> <p>6:30 PM—CORE BURN *</p>	<p>24</p> <p>5:30 AM—CYCLE</p> <p>5:30 AM—TABATA *</p> <p>8:00 AM—POUND® *</p> <p>8:00 AM—AQUA ZUMBA®</p> <p>9:00 AM—YOGA *</p> <p>9:00 AM—AQUA ZUMBA®</p> <p>10:00 AM—SS SPLASH®</p> <p>11:00 AM—SS SPLASH®</p> <p>4:30 PM—BARRE *</p> <p>5:30 PM—DRUMS ALIVE *</p> <p>5:30 PM—CYCLE</p> <p>6:30 PM—POUND® *</p>	<p>25</p> <p>5:30 AM—BOOTCAMP *</p> <p>9:00 AM—TOTAL BODY *</p> <p>9:00 AM—EXPRESS CYCLE</p> <p>10:00 AM—SS CLASSIC®</p> <p>4:30 PM—CIRCUIT STRENGTH *</p> <p>5:30 PM—AQUA NOODLE</p> <p>5:30 PM—CARDIO CORE *</p> <p>6:30 PM—CORE BURN *</p>	<p>26</p> <p>5:30 AM—CYCLE</p> <p>8:00 AM—POUND® *</p> <p>8:00 AM—AQUA ZUMBA®</p> <p>9:00 AM—AQUA ZUMBA®</p> <p>9:00 AM—YOGA *</p> <p>9:00 AM—EXPRESS CYCLE</p> <p>10:00 AM—SS SPLASH®</p> <p>11:00 AM—SS SPLASH®</p> <p>4:30 PM—EXPRESS CYCLE</p> <p>5:30 PM—DRUMS ALIVE *</p> <p>6:30 PM—POUND® *</p>	<p>27</p> <p>5:30 AM—BARRE *</p> <p>8:00 AM—BARRE + YOGA *</p> <p>9:00 AM—EXPRESS CYCLE</p>	<p>28</p> <p>8:00 AM—BARRE *</p> <p>8:00 AM—POUND® *</p> <p>9:00 AM—DRUMS ALIVE *</p> <p>9:00 AM—CYCLE</p> <p>10:00 AM—TOTAL BODY *</p>
<p>30</p> <p>5:30 AM—BARRE *</p> <p>10:00 AM—SS CLASSIC®</p> <p>4:30 PM—CIRCUIT STRENGTH *</p> <p>5:30 PM—CYCLE</p> <p>5:30 PM—AQUA NOODLE</p> <p>5:30 PM—CARDIO CORE *</p> <p>6:30 PM—CORE BURN *</p>	<p>31</p> <p>5:30 AM—CYCLE</p> <p>5:30 AM—TABATA *</p> <p>8:00 AM—POUND® *</p> <p>8:00 AM—AQUA ZUMBA®</p> <p>9:00 AM—YOGA *</p> <p>9:00 AM—AQUA ZUMBA®</p> <p>10:00 AM—SS SPLASH®</p> <p>11:00 AM—SS SPLASH®</p> <p>5:30 PM—DRUMS ALIVE *</p> <p>6:30 PM—POUND® *</p>	 <p>UNLIMITED FITNESS CLASSES AND GYM ACCESS ONLY \$39 A MONTH! OR 10 CLASSES FOR \$50</p> 