

# AQUATICS

## AQUA NOODLE ●●●●●

Using the noodle for an upper body, lower body, and abdominal aerobic workout; you'll push it, pull it, float on it, balance on it, & get an awesome 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.

# PILATES / YOGA

## PILATES ●●●●●

This mat-based class will focus on strength, stability, posture & control. Each movement will challenge the core, along with balancing strength & flexibility for each major muscle group.

## 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 & 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 & 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.

## 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

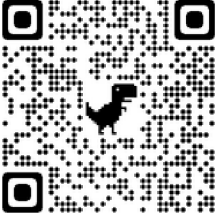


## Fitness Class Schedule

# April 2024

138 E. Elm Street,  
Wauseon, OH  
419.330.2724

# APRIL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>1</p> <p>5:30 AM—BARRE * 8:15 AM—EXPRESS CYCLE 9:00 AM—TOTAL BODY * 10:00 AM—SS CLASSIC® 4:30 PM—CIRCUIT STRENGTH * 4:45 PM—EXPRESS CYCLE 5:30 PM—AQUA NOODLE 5:30 PM—CARDIO CORE * 6:30 PM—CORE BURN *</p>	<p>2</p> <p>5:30 AM—BOOTCAMP * 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—BARRE * 5:30 PM—DRUMS ALIVE * 6:30 PM—POUND® *</p>	<p>3</p> <p>5:30 AM—PILATES * 8:00 AM—TOTAL BODY * 8:15 AM—EXPRESS CYCLE 10:00 AM—SS CLASSIC® 4:30 PM—CIRCUIT STRENGTH * 5:30 PM—AQUA NOODLE 5:30 PM—CARDIO CORE * 5:30 PM—YOGA 6:30 PM—CORE BURN *</p>	<p>4</p> <p>5:30 AM—BOOTCAMP * 8:00 AM—POUND® * 8:00 AM—AQUA ZUMBA® 9:00 AM—AQUA ZUMBA® 9:00 AM—EXPRESS CYCLE 9:00 AM—YOGA * 10:00 AM—SS SPLASH® 11:00 AM—SS SPLASH® 4:30 PM—EXPRESS CYCLE 5:30 PM—DRUMS ALIVE * 6:30 PM—POUND® *</p>	<p>5</p> <p>5:30 AM—BARRE * 8:00 AM—BARRE + YOGA * 9:15 AM—EXPRESS CYCLE</p>	<p>6</p> <p>9:00 - 11:00 AM <b>POUND</b> FOR A PURPOSE</p>	
<p>8</p> <p>5:30 AM—BARRE * 8:00 AM—TOTAL BODY * 8:15 AM—EXPRESS CYCLE 10:00 AM—SS CLASSIC® 4:30 PM—CIRCUIT STRENGTH * 4:45 PM—EXPRESS CYCLE 5:30 PM—AQUA NOODLE 5:30 PM—CARDIO CORE * 6:30 PM—CORE BURN *</p>	<p>9</p> <p>5:30 AM—BOOTCAMP * 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—BARRE * 5:30 PM—DRUMS ALIVE * 6:30 PM—POUND® *</p>	<p>10</p> <p>5:30 AM—PILATES * 8:00 AM—TOTAL BODY * 8:15 AM—EXPRESS CYCLE 10:00 AM—SS CLASSIC® 4:30 PM—CIRCUIT STRENGTH * 5:30 PM—AQUA NOODLE 5:30 PM—CARDIO CORE * 5:30 PM—YOGA 6:30 PM—CORE BURN *</p>	<p>11</p> <p>5:30 AM—BOOTCAMP * 8:00 AM—AQUA ZUMBA® 9:00 AM—AQUA ZUMBA® 9:00 AM—EXPRESS CYCLE 9:00 AM—YOGA * 10:00 AM—SS SPLASH® 11:00 AM—SS SPLASH® 4:30 PM—EXPRESS CYCLE</p>	<p>12</p> <p>9:15 AM—EXPRESS CYCLE</p>	<p>13</p> <p>8:00 AM—BARRE * 9:00 AM—CYCLE 10:00 AM—TOTAL BODY *</p>	
<p>15</p> <p>5:30 AM—BARRE * 8:00 AM—TOTAL BODY * 8:15 AM—EXPRESS CYCLE 10:00 AM—SS CLASSIC® 4:30 PM—CIRCUIT STRENGTH * 4:45 PM—EXPRESS CYCLE 5:30 PM—AQUA NOODLE 5:30 PM—CARDIO CORE * 6:30 PM—CORE BURN *</p>	<p>16</p> <p>5:30 AM—BOOTCAMP * 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® *</p>	<p>17</p> <p>5:30 AM—PILATES * 8:00 AM—TOTAL BODY * 8:15 AM—EXPRESS CYCLE 10:00 AM—SS CLASSIC® 4:30 PM—CIRCUIT STRENGTH * 5:30 PM—AQUA NOODLE 5:30 PM—CARDIO CORE * 5:30 PM—YOGA 6:30 PM—CORE BURN *</p>	<p>18</p> <p>5:30 AM—BOOTCAMP * 8:00 AM—POUND® * 8:00 AM—AQUA ZUMBA® 9:00 AM—AQUA ZUMBA® 9:00 AM—EXPRESS CYCLE 9:00 AM—YOGA * NO SS SPLASH 4:30 PM—EXPRESS CYCLE 5:30 PM—DRUMS ALIVE * 6:30 PM—POUND® *</p>	<p>19</p> <p>5:30 AM—BARRE * 8:00 AM—BARRE + YOGA * 9:15 AM—EXPRESS CYCLE</p>	<p>20</p> <p>8:00 AM—BARRE * 8:00 AM—POUND® * 9:00 AM—CYCLE 9:00 AM—DRUMS ALIVE * 10:00 AM—TOTAL BODY *</p>	
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<p>29</p> <p>5:30 AM—BARRE * 8:15 AM—EXPRESS CYCLE 9:00 AM—TOTAL BODY * 10:00 AM—SS CLASSIC® 4:30 PM—CIRCUIT STRENGTH * 4:45 PM—EXPRESS CYCLE 5:30 PM—AQUA NOODLE 5:30 PM—CARDIO CORE * 6:30 PM—CORE BURN *</p>	<p>30</p> <p>5:30 AM—BOOTCAMP * 8:00 AM—POUND® * 9:00 AM—YOGA * 9:00 AM—EXPRESS CYCLE 10:00 AM—SS SPLASH® 11:00 AM—SS SPLASH® 4:30 PM—BARRE * 5:30 PM—DRUMS ALIVE * 6:30 PM—POUND® *</p>	<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>				<p>UNLIMITED FITNESS CLASSES AND GYM ACCESS</p> <p><b>ONLY \$42 A MONTH!</b></p> <p>OR</p> <p><b>10 CLASSES FOR \$50</b></p>



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On Demand Classes and RingCentral password available to GET FIT members only.

\*Denotes live virtual class via RingCentral