

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 May 2024

138 E. Elm Street,
Wauseon, OH
419.330.2724

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

To sign up for classes, view On Demand Classes, and view the monthly Ring Central password log in to your online portal at: fchcfitness.antisaris.us OR contact the front desk.

1
 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 *

2
 8:00 AM-POUND® *
 9:00 AM-YOGA *
 9:15 AM-EXPRESS CYCLE
 10:00 AM-SS SPLASH®
 11:00 AM-SS SPLASH®
 4:30 PM-CYCLE
 5:30 PM-DRUMS ALIVE *
 6:30 PM-POUND® *

3
 5:30 AM-BARRE *
 8:15 AM-CIRCUIT STRENGTH *
 9:15 AM-EXPRESS CYCLE

4
 9:00 AM-TOTAL BODY *
 10:00 AM-YOGA *

6
 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 *

7
 5:30 AM-TOTAL BODY *
 8:00 AM-POUND® *
 8:00 AM-AQUA ZUMBA®
 8:15 AM-EXPRESS 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 *
 6:30 PM-POUND® *

8
 5:30 AM-PILATES *
 8:15 AM-EXPRESS CYCLE
 9:00 AM-TOTAL BODY *
 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 *

9
 8:00 AM-POUND® *
 8:00 AM-AQUA FIT
 9:00 AM-AQUA FIT
 9:15 AM-EXPRESS CYCLE
 NO SS SPLASH
 5:30 PM-DRUMS ALIVE *
 6:30 PM-POUND® *

10
 5:30 AM-BARRE *
 8:00 AM-BARRE + YOGA *
 9:15 AM-EXPRESS CYCLE

11
 8:00 AM-BARRE *
 8:00 AM-POUND® *
 9:00 AM-CYCLE
 9:00 AM-DRUMS ALIVE *
 10:00 AM-TOTAL BODY *

13
 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 *

14
 5:30 AM-TOTAL BODY *
 8:00 AM-POUND® *
 8:00 AM-AQUA ZUMBA®
 8:15 AM-EXPRESS 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 *
 6:30 PM-POUND® *

15
 5:30 AM-PILATES *
 8:15 AM-EXPRESS CYCLE
 9:00 AM-TOTAL BODY *
 10:00 AM-SS CLASSIC®
 4:30 PM-CIRCUIT STRENGTH *
 5:30 PM-CARDIO CORE *
 5:30 PM-YOGA
 6:30 PM-CORE BURN *

16
 8:00 AM-POUND® *
 8:00 AM-AQUA FIT
 9:00 AM-AQUA FIT
 9:00 AM-YOGA *
 9:15 AM-EXPRESS CYCLE
 10:00 AM-SS SPLASH®
 11:00 AM-SS SPLASH®
 4:30 PM-CYCLE
 5:30 PM-DRUMS ALIVE *
 6:30 PM-POUND® *

17
 5:30 AM-BARRE *
 8:00 AM-BARRE + YOGA *
 9:15 AM-EXPRESS CYCLE

18
 8:00 AM-BARRE *
 8:00 AM-POUND® *
 9:00 AM-DRUMS ALIVE *
 10:00 AM-TOTAL BODY *

20
 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-CARDIO CORE *
 6:30 PM-CORE BURN *

21
 5:30 AM-TOTAL BODY *
 8:00 AM-POUND® *
 8:00 AM-AQUA ZUMBA®
 8:15 AM-EXPRESS 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 *
 6:30 PM-POUND® *

22
 5:30 AM-PILATES *
 8:15 AM-EXPRESS CYCLE
 9:00 AM-TOTAL BODY *
 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 *

23
 8:00 AM-POUND® *
 8:00 AM-AQUA FIT
 9:00 AM-AQUA FIT
 9:00 AM-YOGA *
 9:15 AM-EXPRESS CYCLE
 10:00 AM-SS SPLASH®
 11:00 AM-SS SPLASH®
 4:30 PM-CYCLE
 5:30 PM-DRUMS ALIVE *
 6:30 PM-POUND® *

24
 5:30 AM-BARRE *
 8:15 AM-CIRCUIT STRENGTH *
 9:15 AM-EXPRESS CYCLE

25
 8:00 AM-BARRE *
 8:00 AM-POUND® *
 9:00 AM-CYCLE
 9:00 AM-DRUMS ALIVE *
 10:00 AM-TOTAL BODY *



28
 6:00 AM-TOTAL BODY *
 8:00 AM-POUND® *
 8:00 AM-AQUA ZUMBA®
 8:15 AM-EXPRESS 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 *
 6:30 PM-POUND® *

29
 6:00 AM-PILATES *
 8:15 AM-EXPRESS CYCLE
 9:00 AM-TOTAL BODY *
 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 *

30
 6:00 AM-TOTAL BODY *
 8:00 AM-POUND® *
 8:00 AM-AQUA FIT
 9:00 AM-AQUA FIT
 9:00 AM-YOGA *
 9:15 AM-EXPRESS CYCLE
 10:00 AM-SS SPLASH®
 11:00 AM-SS SPLASH®
 4:30 PM-CYCLE
 5:30 PM-DRUMS ALIVE *
 6:30 PM-POUND® *

31
 6:00 AM-BARRE *
 8:00 AM-BARRE + YOGA *
 9:15 AM-EXPRESS CYCLE



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

*Denotes live virtual class via RingCentral

MAY