



Group & Senior Fitness Schedule

Buhl Club

SEPT-DEC 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00 am Cycling Krista (C-MH)		6:00-7:00 am Cycling Krista (C-MH)		6:00-7:00 am Cycling Terri (C-MH)	8:00-9:00 am Cycling Krista (C-MH)	7:45-8:30 am Band Stretching Mike (JS-M)
7:45-8:45 Jump Stretch Mike (JS-M)	8:00-9:15 Aqua Therapy Aqua Tabata Vicki (Pool)	7:45-8:45 Jump Stretch Mike (JS-M)	8:00-9:15 Aqua Therapy Aqua Tabata Vicki (Pool)	7:45-8:45 Jump Stretch Mike (JS-M)	9:00-10:00 Aqua Tabata Marsha (Pool-MH)	9:00-10:00 am Strong Fit Mike (JS-MH)
8:00-8:45 Aqua Arthritis Rich (Pool-L)	9:15-10:30 Aqua Therapy Aqua Tabata Vicki (Pool)	8:00-8:45 am Aqua Arthritis Rich (Pool-L)	9:15-10:30 Aqua Therapy Aqua Tabata Vicki (Pool)	8:00-8:45 am Aqua Arthritis Rich (Pool-LM)	9:15-10:00 Pump (weight training) Tara (A-M)	Noon-1:00 Cycling Kara (C-MH) Starts 9-8-19
9:00-10:00 Cycling Kara (C-MH)	9:15-9:45 Deep Water Rich (M)	9:00-9:45 Cycling (C-MH)	9:15-9:45 Deep Water Rich (M)	9:00-10:00 Cycling Kara (C-MH)		
9:00-10:00 Boom Muscle Boom Mind Vicki (A-M)	10:00-11:00 Strong Fit Sherrie (JS-M)	9:00-10:00 Boom Move It Boom Muscle Vicki (A-M)	10:00-11:00 Strong Fit Sherrie (JS-M)	9:00-10:00 Friday Fun Dance Jeanne (A-M)		
10:15-11:00 Parkinson's Disease** Vicki (AP-L)		10:15-11:00 Parkinson's Disease** Vicki (AP-L)		10:15-11:00 Parkinson's Disease** Vicki (AP-L)		
11:00-Noon Aqua Fitness Vicki (Pool-M)		11:00-Noon Aqua Fitness Krista (Pool-M)		11:00-Noon SilverSneakers Splash Vicki (Pool-M)	PLEASE NOTE: **You must register for Parkinson's classes before starting	
4:45-5:30 Cycling Tessa (C-MH)	4:45-5:30 Cycling Terri (C-MH)	4:45-5:30 Cycling Tessa (C-MH)	4:45-5:45 Cycling Terri (C-MH)		<p>*****</p> <p>CHECK OUT OUR NEW WEBSITE!</p> <p>www.buhlclub.org</p>	
5:45-6:30 Cycling Carrie (C-MH)	5:30-6:30 Cardio Groove Erika (A-MH)	5:45-6:45 Cycling Carrie (C-MH)	5:15-6:15 Aqua Yoga Dan-O (Pool)			
5:30-6:30 HIIT Tabata Marsha (A-MH)	5:45-6:45 Cycling Krista (C-MH)	5:30-6:30 HIIT Tabata Marsha (A-MH)	5:30-6:30 Zumba Beth (A-MH)			
6:00-7:00 Brahmavayu Yoga Judson (AP-M)	5:45-6:45 Aqua Yoga Dan-O (Pool)	6:30-7:30 Barre Beth (A-M)	6:30-7:30 Circuit Training Carrie (JS-M)			
6:30-7:30 Jump Stretch Krista (JS-M)	6:30-7:30 Pilates Erika (A-M)					
<p align="center">Sign up for TEXT and/or EMAIL alerts! Text BUHLMEMBERS to 84483 and text BUHLGROUPFIT to same # (84483) Be the 1st to hear about schedule changes, updates and events!</p> <p align="center">*new website* www.buhlclub.org</p>						

SEPT-DEC SCHEDULE 2019

ROOMS: 1st FLOOR

AP-All Purpose
CFL-Circle For Life

2ND FLOOR

A-Aerobic Room
T-Timblin Annex
(gymnastics room)

3rd FLOOR

JS-Jump Stretch
C-Cycling Room
AP-3 (next to
jump stretch
room)

INTENSITY LEVEL

(L)-Low impact
(M)-Medium
(MH) Medium/High

(724) 981-3700



Senior Fitness Schedule

Buhl Club

SEPT-DEC 2019

SEPT-DEC SCHEDULE 2019

ROOMS:

1st FLOOR

AP-All Purpose
CFL-Circle For Life

2nd FLOOR

A-Aerobic Room

3rd FLOOR

JS-Jump Stretch
C-Cycling Room
AP3-All Purpose
(between jump stretch & cycling rooms)

INTENSITY LEVEL

(L)-Low impact
(M)-Medium
(MH) Medium/High

(724) 981-3700

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-8:45 <i>Aqua Arthritis</i> Rich (Pool-L)	8:00-9:15 <i>Aqua Therapy</i> <i>Aqua Tabata</i> Vicki (Pool)	8:00-8:45 am <i>Aqua Arthritis</i> Rich (Pool-L)	8:00-9:15 <i>Aqua Therapy</i> <i>Aqua Tabata</i> Vicki (Pool)	8:00-8:45 am <i>Aqua Arthritis</i> Rich (Pool-LM)	9:00-10:00 <i>Aqua Tabata</i> Marsha (Pool)	7:45-8:30 am Band Stretching Mike (JS-M)
9:00-10:00 <i>Boom Muscle</i> <i>Boom Mind</i> Vicki (A-M)	9:15-10:30 <i>Aqua Therapy</i> <i>Aqua Tabata</i> Vicki (Pool)	9:00-10:00 <i>Boom Move It</i> <i>Boom Muscle</i> Vicki (A-M)	9:15-10:30 <i>Aqua Therapy</i> <i>Aqua Tabata</i> Vicki (Pool)	7:45-8:45 <i>Jump Stretch</i> Mike (JS-M)	9:15-10:00 <i>Pump</i> (weight training) Tara (A-M)	9:00-10:00 <i>Strong Fit</i> Mike (JS-M)
7:45-8:45 <i>Jump Stretch</i> Mike (JS-M)	9:15-9:45 <i>Deep Water</i> Rich (M)	7:45-8:45 <i>Jump Stretch</i> Mike (JS-M)	9:15-9:45 <i>Deep Water</i> Rich (M)	9:00-10:00 <i>Friday Fun</i> Dance Jeanne (A-M)	PLEASE NOTE: <i>You must register for Parkinson's classes before starting</i>	
10:15-11:00 <i>Parkinson's Disease</i> Vicki (AP-L)		10:15-11:00 <i>Parkinson's Disease</i> Vicki (AP-L)		10:15-11:00 <i>Parkinson's Disease</i> Vicki (AP-L)		
11:00-Noon <i>Aqua Fitness</i> Vicki (Pool-M)		11:00-Noon <i>Aqua Fitness</i> Krista (Pool-M)		11:00-Noon <i>SilverSneakers</i> <i>Splash</i> Vicki (Pool-M)		
6:00-7:00 <i>Brahmayu</i> <i>Yoga</i> Judson (AP-M)	5:45 - 6:45 <i>Aqua Yoga</i> Dan-O (Pool)	6:30 - 7:30 <i>Barre</i> Beth (A-M)	5:15 - 6:15 <i>Aqua Yoga</i> Dan-O (Pool)			
6:30-7:30 <i>Jump Stretch</i> Krista (JS-M)	6:30 - 7:30 <i>Pilates</i> Erika (A-M)		6:30-7:30 <i>Circuit Training</i> Carrie (JS-M)			
CHECK OUT OUR NEW WEBSITE						FOLLOW US ON FACEBOOK FOR UPDATES.
www.buhlclub.org						
Sign up for TEXT and/or EMAIL alerts! Text BUHLMEMBERS to 84483 and text BUHLGROUPFIT to same # (84483) Be the 1 st to hear about schedule changes, updates and events!						
Free coffee every Monday - Saturday am for members!						