



# Group & Senior Fitness Schedule

August 31 – October 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:45 Cycling Krista		6:00-6:45 Cycling Krista		6:00-6:45 Cycling Terri	8am – 8:45 am Cycling Krista	
9:00-9:45 Cycling Kara	9:00-9:30 Aqua Therapy Krista	9:00-9:45 Cycling Krista	9:00-9:30 Aqua Therapy Krista	9:00-9:45 Cycling Kara	9am -10am Aqua Tabata Marsha	
	9:00-9:30 Deep Water Chuck  9:30 -10:30 Aqua Tabata Krista		9:00-9:30 Deep Water Chuck  9:30 -10:30 Aqua Tabata Krista	9:30 -10:30 Aqua Tabata Vicki		Closed
11:00-12:00 Aquatic Exercise Krista  No Music		11:00-12:00 Aquatic Exercise Krista  No Music		11:00-12:00 Aquatic Exercise Vicki  No Music		
					CHECK OUT OUR NEW WEBSITE! <a href="http://www.buhlclub.org">www.buhlclub.org</a>	
4:45-5:30 Cycling Terri	4:45-5:30 Cycling Tasha		4:45-5:30 Cycling Terri		***** FACEBOOK PAGE buhl community recreation center *****  Be the 1st to hear about schedule changes, updates and events! Sign up for TEXT and/or EMAIL alerts! Text BUHLMEMBERS to 84483 and text BUHLGROUPFIT to 84483 Class Descriptions on back	
5:30-6:15 HIIT Tabata Marsha	5:30-6:15 Cardio Groove Carrie	5:30-6:15 HIIT Tabata Marsha	5:30-6:15 Zumba Beth			
	6:00-7:00 Aqua Yoga Dan **NO CLASS September 1 <sup>st</sup> or 8th	5:45-6:30 Cycling Carrie				
Buhl Club Closed on September 7 Labor Day						

**ROOMS:**

**2<sup>ND</sup> FLOOR**

Pool  
Gymnasium  
Aerobic Room

**3<sup>RD</sup> FLOOR**

Cycling Room  
Jump Stretch  
Dance Studio

**INTENSITY LEVEL**

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

(724) 981-3700

**AQUA THERAPY:** The class was designed by a physical therapist. It is low impact and held in the shallow end. Exercises focus on balance, flexibility & strength to help with everyday activities. It's great for all ages & for those who suffer from arthritis or joint pain.

**AQUA ARTHRITIS:** This class was designed by a physical therapist. It is low impact and held in the shallow end of the pool. Exercises focus on balance, flexibility & strength to help with everyday activities. It's great for all ages & for those who suffer from arthritis or joint pain.

**SILVERSNEAKERS SPLASH:** A fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training.

**DEEP WATER AEROBICS:** The class is held in the deep end and flotation belts are provided. It is a great cardio workout without any impact.

**AQUA TABATA:** Enjoy high intensity exercises in the shallow end without the impact! 20 seconds on/10 seconds off will give you a great interval workout!

**WATER YOGA:** This is a gentle low impact aquatic activity, performing yoga poses in the water. Water Yoga poses simultaneously help you develop strength, balance and range of motion, in coordination with diaphragmatic breathing and long exhalations. Water yoga takes the principals and movement of yoga and adapts them to the water environment. With the release of gravity provided by the aquatic environment, the body is able to find the optimum stretch. Water yoga strengthens and tones the body while relieving tensions and renewing energy.

**SILVERSNEAKERS YOGA:** Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.

**SILVERSNEAKERS CLASSIC:** Universal class format designed to increase strength, range of movement & activities for daily living. Hand-held weights, elastic tubing with handles & balls are used for resistance.

**SILVERSNEAKERS BOOM:** Boom classes are the newest exercise class series brought to you by SilverSneakers & designed for Baby Boomers, the active adults. There are 10,000 baby boomers turning 65 each day in the USA! Boom classes welcome all ages and fitness levels. Each class demonstrates 3 levels of fitness. You pick your intensity level. The low impact exercises are performed at a slower pace. These classes are perfect for the beginner participant & those who need special attention to joints. Balance, flexibility and strength are the core of these classes so you can perform everyday activities with ease.

**BOOM MOVE IT:** Move through the decades in this energizing cardio dance-based workout. Learn dance moves from every era!

**BOOM MUSCLE:** Up your game in this strength training class that ignites your fitness levels!

**BOOM MIND:** Improve your range of motion, balance & flexibility while relaxing the mind. This class combines Pilates, yoga & stretching.

**WEIGHT ROOM ORIENTATION:** Held in the Circle for Life Room located off the wellness room on the 1st floor. The hydraulic machines are safe & easy to use. Most machines use 2 muscle groups in a positive movement, which means less muscle soreness. Learn proper form, how to use machines, equipment & gym etiquette. The class will progress to the Wellness Room.

**STRONG FIT:** Class covers all components of fitness, strength & cardio training, and flexibility. We use kettlebells, flexbands, bosu balls, medicine balls and other tools to achieve your fitness goals. It's a great way to break up your current workout routine.

**HIIT TABATA:** (High Intensity Interval Training) It is a training method in which low to moderate intensity intervals are alternated with high intensity intervals. It consists of eight rounds of ultra-high-intensity exercises in a specific 20-seconds-on, 10-seconds-off interval. It may only take four minutes to complete a Tabata circuit, but those four minutes will push your body to its limit. Traditional class consists of 8 cycles.

**CYCLING:** Indoor group cycling classes provide an energized atmosphere as instructors guide participants through a challenging ride with classes focusing on endurance, strength, intervals, high intensity and recovery, using a special stationary exercise bicycle with a weighted flywheel in a classroom setting.

**CARDIO GROOVE & ZUMBA:** These are fantastic upbeat dance classes that are built around the popular dance music guaranteed to have you burn calories and have a blast doing it!

**BARRE:** The barre is used as a prop to balance while doing exercises that focus on isometric strength training (holding your body still while you contract a specific set of muscles) combined with high reps of small range-of-motion movements. The low impact training is athletic and challenging.

**BAND STRETCH/JUMP STRETCH:** Full body dynamic stretching using a continuous loop flexband to improve athletic performance, strength, & flexibility. Jump Stretch covers all components of fitness, strength & cardio training, and flexibility. We use kettlebells, flexbands, bosu balls, and other tools to achieve your fitness goals. It's a great way to break up your current workout routine

**PARKINSON'S:** This class is an exercise program designed to help delay the progression of symptoms and manage the disease. The class contains specific exercises targeting Parkinson symptoms to improve quality of life as well as an opportunity to gather with people who share the same fight.

**PUMP:** Ideal workout for anyone looking to get lean, toned & fit. We use hand-held weights & steppers for a total body workout.

**PLEASE FEEL FREE TO ASK WITH ANY QUESTIONS & REMEMBER ANY CLASS CAN BE MODIFIED.**

**ALL CLASSES INCLUDED WITH MEMBERSHIP.**