

Group & Senior Fitness Schedule

SEPTEMBER 2021



ROOMS:

2ND FLOOR

Aerobic Room
Pool
Gymnasium
Gymnastics

3RD FLOOR

Cycling Room
Dance Room
Jump Stretch

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:45 Cycling		6:00-6:45 Cycling		6:00-6:45 Cycling		
	9:15-10:15 Boom Move/Muscle				8:00 -9:00 Cycling	
9:00-10:00 Cycling				9:00-10:00 Cycling	9:00-10:00 Aqua Tabata	
	9:30 -10:30 Aqua Tabata		9:30 -10:30 Aqua Tabata			
		10:00-10:45 Social Line Dancing				
11:00-12:00 Aquatic Exercise	10:30-11:15 Boom Mind	11:00-12:00 Aquatic Exercise	11:00-11:45 Low impact Chair Aerobics	11:00-12:00 Aquatic Exercise	9:15-10:00 September 4 th StrongFit	
	4:45-5:30 Cycling	4:45-5:30 September 1 st & 8 th only Cycling	4:45-5:30 Cycling			
5:30-6:15 HIIT Tabata	5:30-6:15 Jen's Jam	5:30-6:15 HIIT Tabata	5:30-6:30 <i>Zumba</i>		CHECK OUT OUR NEW WEBSITE! www.buhlclub.org	
6:15-6:30 Crazy Abs w/ Marsha	6:30-7:30 Barre	6:15-6:30 Crazy Abs w/ Marsha			FACEBOOK PAGE fhublclub	
***** Closed September 6 Labor Day *****			7:30-8:15 Social Line Dancing		Class descriptions on back	

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 is low impact and held in the shallow end of the pool. Exercises focus on strengthening the muscles surrounding joints commonly affected by arthritis.

SILVERSNEAKERS SPLASH/AQUATIC EXERCISE: 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.

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!

AQUA STRETCH: Series of stretching exercise to improve flexibility& movement promote relaxation, injury prevention & increase wellness.

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.

LOW-IMPACT AEROBICS: Education & exercises to train your muscles for daily activities. Improve agility, balance, coordination, strength and power. Reduce the risks of falls.

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 levels.

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. **DUE TO COVID, THIS SERIES IS ON THE BUHL CLUB YOU TUBE CHANNEL.**

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!

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. ****1/2 of the band stretching is on the floor****

SOCIAL LINE DANCING: Class teaches the current line dances to have fun at weddings and other social gathering using a variety of music.

TRIFECTA: 90 minute workout consisting of 3 group fitness classes with 3 different instructors. Great opportunity to try new classes.

JEN'S JAM A low impact fun blend of "old school" aerobics, kickboxing, strength training and full body toning while incorporating weights, bands & stability balls.

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

ALL CLASSES INCLUDED WITH MEMBERSHIP.