

# Group & Senior Fitness Schedule

## MAY 2022



**ROOMS:**

**2nd FLOOR**

Aerobic Room  
Pool  
Wellness Room  
Coffee Room  
Men & Women  
changing rooms  
Gymnasium

**3rd FLOOR**

Cycling Room  
Dance Room  
Jump Stretch

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:45 Cycling Krista Special repeat tag team Krista & Jen 5/23	8am-9am Jump Stretch Mike No Class 5/17	6:00-6:45 Cycling Krista	8am-9am Jump Stretch Mike No Class 5/19	6:00-6:45 Cycling Terri		
	9:15-10:15 Boom Move/Muscle ***** 10:15-10:45 Boom Mind Vicki				8:00 -9:00 Cycling	EVERY SUNDAY 7:30am Band Stretch 8:30am Strong Fit Mike
9:00-10:00 Cycling Kara	9:00 – 9:30 Aqua Therapy Krista		9:00 – 9:30 Aqua Therapy Krista	9:00-10:00 Cycling Kara	9:00-10:00 Aqua Tabata Marsha	No Class 5/15 or 5/22
	9:30 -10:30 Aqua Tabata Krista		9:30 -10:30 Aqua Tabata Krista			
		10:00-10:45 Social Line Dancing Jane		SilverSneakers Circuit 10:00-11:00 Krista	9:15-10:00 Pump Tara No class 5/28	May 15th Cycling Tessa 9:00am – 9:45am
11:00-12:00 Aquatic Exercise Krista		11:00-12:00 Aquatic Exercise		11:00-12:00 Aquatic Exercise Vicki 5/13 Jane		*****  Buhl Club Closed May 30 <sup>th</sup> Memorial Day  *****
	4:45-5:30 Cycling Terri	1:30pm- 2:30pm Parkinson's Krista	4:45-5:30 Cycling Jen			
5:30-6:15 HIIT Tabata Marsha	5:30-6:15 Jen's Jam ( 5/24 Cardio, Curls & Crunches w/ 4 Fab Females 5:30-6:30 class )	5:30-6:15 HIIT Tabata Marsha	5:30-6:30 Zumba 5 <sup>th</sup> & 19 <sup>th</sup> 5:30-6:30 Cardio Groove 12 <sup>th</sup> & 26 Beth	FRIDAY NIGHT POPUP 5/6 5:30-6:30 Cardio Groove Beth	CHECK OUT OUR NEW WEBSITE! <a href="http://www.buhlclub.org">www.buhlclub.org</a>  FACEBOOK PAGE fbbuhlclub	
6:00-7:00 Jump Stretch Krista	6:30-7:30 Barre Beth	6:30 – 7:15 Yoga Taylor	7:30-8:15 Social Line Dancing No class 5/5 Jane		Class descriptions on back  All group fitness classes included with your membership!	

**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.

**SILVERSNEAKERS SPLASH/AQUATIC EXERCISE:** A fun, shallow-water exercise class that uses a signature splash-board, noodles & pool dumbbells 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! Timed workouts with on/off sets that will give you a great interval workout!

**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 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:** 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.

**SS CIRCUIT:** Fitness class alternating cardio & strength intervals to improve cardio endurance, muscular strength & endurance, skill improvement, & functional movement patterns designed to help with everyday living.

**STRONG FIT & CIRCUIT TRAINING:** Both classes 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 REWIND, 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

**PUMP:** Total body workout using hand weights/kettlebells focusing on toning

**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.

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

**YOGA:** Creative sequencing with meditation to ensure that each practitioner gains the maximum benefits of the mind body connection that yoga provides. Standing & Floor work.

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

**PARKINSON'S :** Exercises to delay or reduce physical & mental changes associated with Parkinson's disease. Including Cardiorespiratory, strength, flexibility, balance exercises.

ALL CLASSES INCLUDED WITH MEMBERSHIP.

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

