

Group & Senior Fitness Schedule

SEPTEMBER 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		6:00-6:45 Cycling Krista		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 Krista	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	
	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 No class 9/30	9:15-10:00 Pump Tara No Class 9/3	
11:00-12:00 Aquatic Exercise Krista		11:00-12:00 Aquatic Exercise Krista		11:00-12:00 Aquatic Exercise Vicki		Save the Date October 20 6pm Buhl Park ZOMBIE ZUMBA Beth,Vicki,Carrie
	4:45-5:30 Cycling Terri	12:30pm- 1:30pm Parkinson's Krista	4:45-5:30 Cycling Jen			
5:30-6:15 HIIT Tabata Marsha	5:30-6:15 Jen's Jam	5:30-6:15 HIIT Tabata Marsha	5:30-6:30 Cardio Groove Or Zumba Alternating Beth	Beth Friday Night Popups Cardio Groove 9/9 @ 5:30pm Beth	CHECK OUT OUR NEW WEBSITE! www.buhlclub.org FACEBOOK PAGE fhbuhlclub	
Private 6pm-7:15pm PS Woman BB JS		6pm – 7:30pm Jump Stretch Mike				
Closed 9/5 Labor Day	6:30-7:30 Barre Beth	6:30 – 7:15 Yoga Taylor	7:30-8:15 Social Line Dancing 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.

