

Group & Senior Fitness Schedule

SEPTEMBER 2023



ROOMS:

1st FLOOR

Wellness Room
Coffee Room
Men & Women
Locker rooms
Youth Center
Child Watch

2nd FLOOR

Aerobic Room
Pool
Men & Women
Restrooms

3rd FLOOR

Cycling Room
Dance Room
Jump Stretch
Restroom

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	8:00 -9:00 Cycling 9/30 Kara	
9:00-10:00 Cycling Kara	9:00 – 9:30 Aqua Therapy Krista	NEW CLASS 9:00am 45 Minute Band Stretching Jump Stretch Krista	9:00 – 9:30 Aqua Therapy Krista	9:00-10:00 Cycling Kara	9:00-10:00 Aqua Tabata Marsha	
POP UP CLASS 9:00am 45 minute Aqua Stretch Krista Sept 11,18,25	9:30 -10:30 Aqua Tabata Krista	10:00-10:45 Social Line Dancing Jane	9:30 -10:30 Aqua Tabata Krista	10:00-11:00 SilverSneaker Circuit Krista No Class 9/29	10:30am- 11:30am September 16th WaterFire Theme Carcio Class Warm up Dance with Jane & Lena Followed by Aerobics with Dorice	
11:00-12:00 Aquatic Exercise Krista		11:00-12:00 Aquatic Exercise Krista		11:00-12:00 Aquatic Exercise Jane Sept 1,15,29 Lena Sept 8 & 22	9:15am – 9:45am Weight Room Orientation Wellness Room	
12:30pm- 1:30pm Parkinson's/ Mind Body & Spirit Krista	11am – 12pm Parkinson's/ Mind Body & Spirit Krista	12:30pm-1:30pm Parkinson's/ Mind Body & Spirit Krista	11am – 12pm Parkinson's/ Mind Body & Spirit Krista			
	4:45-5:30 Cycling Terri		4:45-5:30 Cycling Jen			
5:30-6:30 HIIT Tabata Marsha	5:30-6:30 Total Body Reset Jen	5:30-6:30 HIIT Tabata Marsha	5:30-6:30 Zumba/Cardio Groove Beth			FACEBOOK PAGE fbuhlclub
			Private Class 6pm PennState Woman BB Jump Stretch Krista			WEBSITE www.buhlclub.org
6:30-7:30 Cardio Fusion Lena	6:30pm-7:30pm Barre Beth		6:30pm – 7pm Weight Room Orientation Wellness Room			
	6:30pm – 7pm Weight Room Orientation Wellness Room		6:30-7:15 Social line Dancing Jane			

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 ROCK N ROLL: 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! Rock n Roll adds 15 minutes of weight & ab work.

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. Jump Stretch starts with band stretching ends with drills. Band stretch is full body stretch only with no drills.

WEIGHT ROOM ORIENTATION; Meet at the wellness desk & join one of our team members on a tour of the fitness room with instructions on use of equipment.

TOTAL BODY RESET & OLD SCHOOL AEROBICS: A low impact fun blend of "old school" aerobics, kickboxing, strength training and full body toning while incorporating weights, bands & stability balls and dance moves..

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

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(Mind Body Spirit) : Exercises to delay or reduce physical & mental changes associated with Parkinson's disease. Including Cardiorespiratory, strength, flexibility, balance exercises. Exercise class is welcome to anyone needing rehabilitation or recovery from any health concerns or conditions.

CARDIO FUSION: Class based around hip hop & dance motions. Incorporating other forms of exercises such as light weights, barre, drumming, stretching & toning.

Cardio Kickboxing: Total body martial arts workout that is designed to give you maximum calorie burn. Punch and kick your way to fitness with these high-energy non-contact martial arts. You'll release stress, have a blast and feel like a champ.

YOGA: Exercises designed to build strength, improve flexibility and leave you feeling calm and serene. .Standing & floor work.

ALL CLASSES INCLUDED WITH MEMBERSHIP. PLEASE FEEL FREE TO ASK WITH ANY QUESTIONS & REMEMBER ANY CLASS CAN BE MODIFIED.

