

Group & Senior Fitness Schedule

January 2024



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 | |
| 9:00-10:00 Cycling Kara | 9:00 – 9:30 Aqua Therapy Krista | 9:00 – 10:00 Chair Yoga Ron | 9:00 – 9:30 Aqua Therapy Krista | 9:00-10:00 Cycling Kara | 9:00-10:00 Aquatic Exercise Marsha | |
| 8am 45minute Band Stretch Krista | 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 | 9:15am – 9:45am Weight Room Orientation Wellness Room | |
| 10:00-11:00 SilverSneaker Circuit Vicki | | | | | | |
| 11:00-12:00 Aquatic Exercise Krista | | 11:00-12:00 Aquatic Exercise Krista | | 11:00-12:00 Aquatic Exercise Vicki | SATURDAY POPUPS 9:15am | |
| 12:30pm- 1:30pm Parkinson's/ Mind Body & Spirit Krista | 11am – 12pm Parkinson's/ Mind Body & Spirit Krista | 12:30pm-1:30pm Brain,Body,Box Russ & Anne | 11am – 12pm Parkinson's/ Mind Body & Spirit Krista | | 1/6 Old School Aerobics Vicki & cooldown yoga Samantha 1/13 Total Body Reset Jen & cool down yoga Samantha | Closed January 1st Happy New Year |
| 4:45 – 5:30 Bosu Tone Jennifer JS Room | 4:45-5:30 Cycling Terri | 4:45 – 5:30 Bosu Tone Jennifer PENN STATE PRIVATE JUMP STRETCH 5:30pm Tues Jan 9 Weds 17, 31 YOGA Wed Jan 24 | 4:45-5:30 Cycling Jen | | 1/20 Cardio Groove Beth & cool down yoga Samantha 1/27 Beginner yoga Ron | WEBSITE www.buhlclub.org |
| 5:30-6:30 Muscle & Hustle Marsha JS Room | 5:30-6:30 Total Body Reset Jen | 5:30-6:30 Muscle & Hustle Marsha | 5:30-6:30 Zumba/Cardio Groove Beth | | | FACEBOOK PAGE fhhbuhlclub |
| 6:30-7:30 Pilates Jennifer JS Room | 6:30pm-7:30pm Barre Beth | Line Dancing Haleigh 6:30-7:15 3 rd floor Dance studio | 6:30-7:15 Social Line Dancing Jane | | | |
| | | 1/17, 1/24, 1/31 only | 6:30-7:00 All About Abs Jennifer JS Room | | | |

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.

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.

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.

Muscle & Hustle: Class will raise your heart rate, improve muscle tone all with low impact moves to protect the joints.

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 Cardiorespratory, strength, flexibility, balance exercises. Exercise class is welcome to anyone needing rehabilitation or recovery from any health concerns or conditions.

BRAIN BODY BOX : Conditioning of the body core, arms & legs. Balance, coordination, endurance, cognitive functioning. Basic movements of boxing footwork & punches. Each class includes active warm up stretches and conditioning activities, and cool down stretches. Class will be modified to each participants abilities.

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

Chair Yoga: This practice uses a chair for exploring seated posture variations and offers a balance point for standing work with greater stability. Perfect for those who are looking to improve their physical abilities & expand their cardio & neuro-muscular system. There are variations taught for exercises, so this class is appropriate for everyone at any level.

PILATES:Pilates is a core focused class; learning how to breath while executing proper techniques to improve strength and tone and elongate muscles. A slower methodical paced class using stability balls, weights, and bands.

ALL ABOUT ABS: A 30 minute blast, with standing and floor exercises focusing on abdominal muscles.

BOSU TONE: A higher intensity class styled like a step aerobics class done on the bosu. Format consists of 20 minutes of cardio and 20 minutes of toning.

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