

Group & Senior Fitness Schedule

FEBRUARY 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 Krista	
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 10:00-11:00 SilverSneaker Circuit Vicki	9:30 -10:30 Aqua Tabata Krista	10:00-10:45 Social Line Dancing Jane 3 rd floor dance studio	9:30 -10:30 Aqua Tabata Krista	10:00-11:00 SilverSneaker Circuit Krista	9:15am – 9:45am Weight Room Orientation Wellness Room	
11:00-12:00 Aquatic Exercise Krista		11:00-12:00 Aquatic Exercise Krista		11:00-12:00 Aquatic Exercise Vicki	SATURDAY POPUPS	
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		2/3 9:15am Yoga Ron 10am Zumba Jennifer 2/10 9:15am Yoga Samantha 10am Zumba Jennifer	
4:45 – 5:30 Bosu Tone Jennifer JS Room	4:45-5:30 Cycling Jennifer PennState Women JS Volleyball 6pm 2/6,2/13,2/21, 2/28	4:45 – 5:30 Bosu Tone Jennifer PennState Women JS 5:30pm 2/7, 2/14, 2/20	4:45-5:30 Cycling JT		2/17 9:15am Cardio Groove Beth 2/24 9:15am New Class Box & Weighted Bar JT	WEBSITE www.buhlclub.org
5:30-6:30 Low Impact Blast Marsha JS Room	5:30-6:30 Total Body Reset JT	5:30-6:30 Low Impact Blast Marsha	5:30-6:30 Zumba/Cardio Groove Beth 2/15 Jennifer	5:30-6:30 Zumba Jennifer		FACEBOOK PAGE fhubhlclub
6:30-7:30 Pilates Jennifer JS Room	6:30pm-7:30pm Barre Beth	Line Dancing Haleigh 6:30-7:15 2 nd floor 2/7 & 2/21 Yoga w/ Samantha 2/14 & 2/28	6:30-7:15 Social Line Dancing Jane 6:30-7:15 All About Abs Jennifer JS Room			