

Group & Senior Fitness Schedule

APRIL 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 -8:50 Cycling Krista	
9:00-10:00 Cycling Kara	9:00 – 9:30 Aqua Therapy Krista	9:00 – 9:50am Chair Yoga Ron	9:00 – 9:30 Aqua Therapy Krista	9:00-10:00 Cycling Kara	9:00-10:00 Aquatic Exercise Krista	
8am 45minute Band Stretch Krista	9:30 -10:30 Aqua Tabata Krista	10:00-10:45 Social Line Dancing Jane 4/ 3 &4/ 10only 10:00-10:50 SilverSneaker Circuit Krista 4/17 &4/24	9:30 -10:30 Aqua Tabata Krista	10:00-11:00 SilverSneaker Circuit Krista	9:15am – 9:45am Weight Room Orientation Wellness Room	Remembering Prince Cycle Ride April 21 st Jennifer 8 am & Noon
10:00-11:00 SilverSneaker Boom Move Vicki		11:00-12:00 Aquatic Exercise Dani/Krista		11:00-12:00 Aquatic Exercise Vicki	SATURDAY POPUPS 9:15am 4/6 JT Box & Bar 4/16 Beth Cardio Groove 4/20 Samantha Yoga 4/27 Ron Yoga	
11:00-12:00 Aquatic Exercise Krista		11:00-12:00 Aquatic Exercise Dani/Krista		11:00-12:00 Aquatic Exercise Vicki		
11:00-11:30 Boom Mind Vicki						
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 April 24 th in tumble room	11am – 12pm Parkinson's/ Mind Body & Spirit Sonny 4/4 Krista			
4:45 – 5:30 Bosu Tone Jennifer JS Room	4:45-5:30 Cycling Terri APRIL 16 5:30pm Aquatic Exercise Krista	4:45 – 5:30 Bosu Tone Jennifer	4:45-5:30 Cycling JT 4/18 Jennifer APRIL 18 5:30pm Aquatic Exercise Dani			WEBSITE www.buhclub.org
5:30-6:30 Boot camp Jennifer 2 nd floor	5:30-6:30 Total Body Reset JT 4/16 Jennifer	5:30-6:30 Boot camp Jennifer	5:30-6:30 Zumba/Cardio Groove Beth 4/4 Jennifer			FACEBOOK PAGE fhubclub
6:30-7:30 Pilates Jennifer 2 nd floor 4/1 Yogalates Samantha	6:30pm-7:30pm Barre Beth 4/2 Jennifer Pilates	6:30-7:30 Yoga Samantha	6:30-7:15 Social Line Dancing Jane /Haleigh No class 4/11 6:30-7:15 All About Abs Jennifer JS Room			