

Group & Senior Fitness Schedule

JUNE 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 6/21,28 JT	8:00 -8:50 Cycling Krista	
9:00-10:00 Cycling Kara 6/17 Krista	9:00 – 9:30 Aqua Therapy Krista	8:00-8:50 SS Circuit Krista	9:00 – 9:30 Aqua Therapy Krista	9:00-10:00 Cycling Kara 6/14 Krista	9:00-10:00 Aquatic Exercise Krista	
8am Band Stretch Krista 10:00-11:00 SilverSneaker Boom Move Vicki	9:30 -10:30 Aqua Tabata Krista	9:00 – 9:50am Chair Yoga Ron ----- 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	8:30am -9:30am Cardio/ Strength HIIT Frannie JUNE 9 & 30 only
11:00-12:00 Aquatic Exercise Krista ----- 11:00-11:30 Boom Mind Vicki		11:00-12:00 Aquatic Exercise Dani		11:00-12:00 Aquatic Exercise Vicki	10am – 11am Family Fitness FUN! Frannie JUNE 8 & 29 only	
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 w/ Krista 6/5 & 6/12 Brain,Body,Box Russ & Anne 6/19 & 6/26	11am – 12pm Parkinson's/ Mind Body & Spirit Krista			
	4:45-5:30 Cycling Terri 6/18 Krista 6/25 Kara		4:45-5:30 Cycling JT 6/6 Terri			WEBSITE www.buhlclub.org
5:30-6:30 Remix ABC Frannie 6/17 Jane Social Line Dance	5:30-6:30 Total Body Reset –JT 6/4 Frannie	5:30-6:15 Strength/Cardio Combo Frannie 6/12 & 6/19 Samantha	5:30-6:30 Zumba/Cardio Groove Beth			FACEBOOK PAGE fhublclub
	6:30pm-7:30pm Barre Beth	6:30-7:30 Yoga Samantha	6:30-7:15 Social Line Dancing Jane			
	T & TH 6:30pm Weight Room Orientation Wellness Room		T & TH 6:30pm Weight Room Orientation Wellness 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.

AQUATIC EXERCISE: A fun, shallow-water exercise class that uses a signature splash-board, noodles & pool dumbbells to increase movement and intensity options. Class 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!

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.

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.

BOOM MOVE: Move through the decades in this energizing cardio dance-based workout. Learn dance moves from every era!

BOOM MIND: Improve your range of motion, balance & flexibility while relaxing the mind. This class combines Pilates, yoga & stretching.

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: 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..

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.

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.

Remix ABC: Experience the ultimate full-body workout with this invigorating combination class that blends the toning benefits of barre, the sculpting power of abs exercises, and the cardiovascular boost of heart-pumping cardio routines, leaving you feeling strong, lean, and energized from head to toe.

Family Fitness Fun: Pair family time with lifelong healthy habits through this dynamic family fitness class designed to engage children ages 4+ YO and their caregivers with fun, energizing exercises that strengthen bodies and relationships.

Cardio/Strength HIIT: Challenge your limits and transform your fitness journey with this dynamic combination class that fuses invigorating cardio segments to elevate your heart rate and burn calories, complemented by intense strength training intervals designed to build lean muscle and boost metabolism, delivering a total-body workout that will leave you feeling empowered, energized, and one step closer to your fitness goals.

Strength/cardio combo: Discover the perfect balance of strength and low-impact cardio in this innovative combination class. Expertly designed to challenge your body while minimizing joint stress, this total-body workout combines resistance training to build lean muscle and boost metabolism with low-impact cardiovascular exercises that elevate your heart rate and improve endurance. Experience the best of both worlds as you tone your physique and enhance your overall fitness, leaving you feeling stronger, more energized, and primed for lasting wellness.

All group fitness classes are included in your membership.