



# Group & Senior Fitness Schedule

Buhl Club

**JAN - MARCH**

**2019**

**Starts 1-2-19**

## JAN - MAR SCHEDULE 2019

### ROOMS:

#### 1<sup>ST</sup> FLOOR

AP-All Purpose  
CFL-Circle For Life

#### 2<sup>ND</sup> FLOOR

A-Aerobic Room  
T-Timblin Annex  
(gymnastics room)

#### 3<sup>RD</sup> FLOOR

JS-Jump Stretch  
C-Cycling Room  
AP-3 (next to  
jump stretch  
room)

### INTENSITY LEVEL

(L)-Low impact  
(M)-Medium  
(MH) Medium/High

(724) 981-3700

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday  | Sunday  |
|--|---|--|---|---|---|---|
| 6:00-7:00 am<br>Cycling<br>Krista (C-MH)   |   | 6:00-7:00 am<br>Cycling<br>Krista (C-MH)                 |   | 8:00-8:45 am<br>Aqua Arthritis<br>Rich (Pool-LM)        | 8:00-9:00 am<br>Cycling<br>Krista<br>(C-MH)   | 7:45-8:30 am<br>Band Stretching<br>Mike<br>(JS-M) |
| 8:00-8:45<br>Aqua Arthritis<br>Rich (Pool-L)   | 8:00-9:15<br>Aqua Therapy<br>Aqua Tabata<br>Vicki (Pool)  | 8:00-8:45 am<br>Aqua Arthritis<br>Rich (Pool-L)          | 8:00-9:15<br>Aqua Therapy<br>Aqua Tabata<br>Vicki (Pool)    | 8:45-9:45<br>Cycling<br>Kara (C-MH)                     | 9:00-10:00<br>Aqua Tabata<br>Marsha<br>(Pool-MH)  | 9:00-10:00 am<br>Strong Fit<br>Mike<br>(JS-MH)    |
| 9:00-10:00<br>Cycling<br>Kara (C-MH)   | 9:15-10:30<br>Aqua Therapy<br>Aqua Tabata<br>Vicki (Pool) | 9:00-10:00<br>Boom Move It<br>Boom Muscle<br>Vicki (A-M) | 9:15-10:30<br>Aqua Therapy<br>Aqua Tabata<br>Vicki (Pool)   | 9:00-10:00<br>Fun Friday<br>Dance<br>Jeanne (M-A)       | 9:00-10:00<br>Yoga<br>Bella (AP-M)  | Noon-1:00<br>Cycling<br>Kara (C-MH)               |
| 9:00-10:00<br>Boom Muscle<br>Boom Mind<br>Vicki (A-M)  | 9:15-9:45<br>Deep Water<br>Rich (M)                       | 7:45-9:45<br>Cycling<br>Mike (C-MH)                      | 9:15-9:45<br>Deep Water<br>Rich (M)                         | 10:00-11:00<br>Aqua Therapy<br>Rich (M)                 | 9:30-10:15 am<br>Cycling<br>Ashley<br>(C-M)   |   |
| 10:00-11:00<br>Jump Stretch<br>Mike (JS-M)   | 12:00-12:30<br>SilverSneakers<br>Yoga<br>Vicki (AP-L)     | 10:00-11:00<br>Jump Stretch<br>Mike<br>(JS-M)            | 11:00-11:45<br>Yoga~Stretch<br>Vicki (AP-L)                 | 10:00-11:00<br>Jump Stretch<br>Mike (JS-M)              | 10:00-11:00<br>Pump<br>(weight training)<br>Vicki (A-M)   |   |
| <b>PLEASE NOTE:</b><br><b>**You must register for Parkinson's<br/>classes before starting</b>  |   |  |   |   |   |   |
| 10:30-11:30<br>Parkinson's<br>Disease**<br>Vicki (AP-L)  |   | 10:30-11:30<br>Parkinson's<br>Disease**<br>Vicki (AP-L)  |   | 10:30-11:30<br>Parkinson's<br>Disease**<br>Vicki (AP-L) | Group Personal Training &<br>Weight Room Orientation<br>Saturdays 9:00 am<br>Free to members!   |   |
| 11:00-Noon<br>Swimnastics<br>Sue (Pool-M)  |   | 11:00-Noon<br>Swimnastics<br>Sue (Pool-M)                |   | 11:00-Noon<br>Swimnastics<br>Sue (Pool-M)               | <b>Free coffee<br/>every<br/>Mon-Sat<br/>5am to noon<br/>for members!</b><br><br><b>FOLLOW US ON<br/>FACEBOOK FOR<br/>UPDATES</b><br><br><b>**NEW CLASS**</b><br><b>**Introduction to Jump Stretch<br/>and Circuit Training</b> |   |
| 4:45-5:40<br>Cycling<br>Terri (C-MH)   | 4:45-5:30<br>Cycling<br>Tessa (C-MH)                      | 4:45-5:45<br>Cycling<br>Terri (C-MH)                     |   |   |   |   |
| 5:45-6:30<br>Cycling<br>Carrie (C-MH)  | 5:30-6:30<br>Cardio Groove<br>Erika (A-MH)                | 5:30-6:30<br>HIIT Tabata<br>Marsha (A-MH)                | 5:15 - 6:15<br>Aqua Yoga<br>Dan-O (Pool)                    |   |   |   |
| 5:30-6:30<br>HIIT Tabata<br>Marsha (A-MH)  | 5:45-6:45<br>Cycling<br>Krista (C-MH)                     | 6:30 - 7:30<br>Barre<br>Beth (A-M)                       | 5:30-6:15<br>Cycling<br>Tara (C-MH)                         |   |   |   |
| 6:00-7:00<br>Brahmavayu Yoga<br>Judson (AP)<br>No class Jan 14 <sup>th</sup>   | 5:45 - 6:45<br>Aqua Yoga<br>Dan-O (Pool)                  | 6:30 - 7:30<br>Cycling<br>Carrie (C-MH)                  | 5:30-6:30<br>Zumba<br>Beth (A-MH)                           |   |   |   |
| **6:30-7:30<br>Intro Jump Stretch<br>Krista (JS-M)   | 6:30 - 7:30<br>Pilates<br>Erika (A-M)                     |  | **6:30 - 7:30<br>Intro Circuit<br>Training<br>Carrie (JS-M) |   |   |   |
| <b>Sign up for TEXT and/or EMAIL alerts!</b><br><b>Text BUHLMEMBERS to 84483 and text BUHLGROUPFIT to same # (84483)</b><br><b>Be the 1<sup>st</sup> to hear about schedule changes, updates and events!</b> |   |  |   |   |   |   |
| <a href="http://www.buhlcommunityreccenter.com">www.buhlcommunityreccenter.com</a>   |   |  |   |   |   |   |