



Senior Fitness Schedule

Buhl Club

JAN - MARCH 2019

JAN-MARCH SCHEDULE 2019

ROOMS:

1st FLOOR

AP-All Purpose
CFL-Circle For Life

2ND FLOOR

A-Aerobic Room

3rd FLOOR

JS-Jump Stretch
C-Cycling Room
AP3-All Purpose
(between jump stretch & cycling rooms)

INTENSITY LEVEL

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

(724) 981-3700

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-8:45 <i>Aqua Arthritis Rich (Pool-L)</i>	8:00-9:15 <i>Aqua Therapy Aqua Tabata Vicki (Pool)</i>	8:00-8:45 am <i>Aqua Arthritis Rich (Pool-L)</i>	8:00-9:15 <i>Aqua Therapy Aqua Tabata Vicki (Pool)</i>	8:00-8:45 am <i>Aqua Arthritis Rich (Pool-LM)</i>	9:00-10:00 <i>Yoga Bella (AP)</i>	7:45-8:30 am <i>Band Stretching Mike (JS-M)</i>
9:00-10:00 <i>Boom Muscle Boom Mind Vicki (A-M)</i>	9:15-10:30 <i>Aqua Therapy Aqua Tabata Vicki (Pool)</i>	9:00-10:00 <i>Boom Move It Boom Muscle Vicki (A-M)</i>	9:15-10:30 <i>Aqua Therapy Aqua Tabata Vicki (Pool)</i>	9:00-10:00 <i>Fun Friday Dance Jeanne (A-M)</i>	9:00-10:00 <i>Aqua Tabata Marsha (Pool)</i>	9:00-10:00 <i>Strong Fit Mike (JS-M)</i>
10:00-11:00 <i>Jump Stretch Mike (JS-M)</i>	9:15-9:45 <i>Deep Water Rich (M)</i>	10:00-11:00 <i>Jump Stretch Mike (JS-M)</i>	9:15-9:45 <i>Deep Water Rich (M)</i>	10:00-11:00 <i>Jump Stretch Mike (JS-M)</i>		
10:30-11:30 <i>Parkinson's Disease Vicki (AP-L)</i>		10:30-11:30 <i>Parkinson's Disease Vicki (AP-L)</i>		10:30-11:30 <i>Parkinson's Disease Vicki (AP-L)</i>		
	12:00-12:30 <i>SilverSneakers Yoga Vicki (AP-L)</i>		11:00-11:45 <i>Yoga~Stretch Vicki (AP-L)</i>	10:00-11:00 <i>Aqua Therapy Rich (Pool-L)</i>		
PLEASE NOTE: ** You must register for Parkinson's classes before starting						Group Personal Training & Weight Room Orientation
11:00-Noon <i>Swimnastics Sue (Pool-M)</i>		11:00-Noon <i>Swimnastics Sue (Pool-M)</i>		11:00-Noon <i>Swimnastics Sue (Pool-M)</i>		
6:00-7:00 <i>Brahmavayu Yoga Judson (AP)</i>	5:45 - 6:45 <i>Aqua Yoga Dan-O (Pool)</i>	6:30 - 7:30 <i>Barre Beth (A-M)</i>	5:15 - 6:15 <i>Aqua Yoga Dan-O (Pool)</i>			
6:30-7:30 <i>Intro to Jump Stretch Krista (JS-M)</i>	6:30 - 7:30 <i>Pilates Erika (A-M)</i>		6:30-7:30 <i>Intro to Circuit Training Carrie (JS-M)</i>			
www.buhlcommunityreccenter.com						FOLLOW US ON FACEBOOK FOR UPDATES.
Sign up for TEXT and/or EMAIL alerts! Text BUHLMEMBERS to 84483 and text BUHLGROUPFIT to same # (84483) Be the 1 st to hear about schedule changes, updates and events!						
Free coffee every Monday - Saturday am for members!						