



Group & Senior Fitness Schedule

Buhl Club

MAY-JUNE

2019

Revised 5-1-19

MAY-JUNE SCHEDULE 2019

ROOMS:

1ST FLOOR
 AP-All Purpose
 CFL-Circle For Life

2ND FLOOR

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

3RD 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 Cycling Krista (C-MH)		6:00-7:00 am Cycling Krista (C-MH)		8:00-8:45 am Aqua Arthritis Rich (Pool-LM)	8:00-9:00 am Cycling Krista (C-MH)	7:45-8:30 am Band Stretching Mike (JS-M)
8:00-8:45 Aqua Arthritis Rich (Pool-L)	8:00-9:15 Aqua Therapy Aqua Tabata Vicki (Pool)	8:00-8:45 am Aqua Arthritis Rich (Pool-L)	8:00-9:15 Aqua Therapy Aqua Tabata Vicki (Pool)	8:45-9:45 Cycling Kara (C-MH)	9:00-10:00 Aqua Tabata Marsha (Pool-MH)	9:00-10:00 am Strong Fit Mike (JS-MH)
9:00-10:00 Cycling Kara (C-MH)	9:15-10:30 Aqua Therapy Aqua Tabata Vicki (Pool)	9:00-10:00 Boom Move It Boom Muscle Vicki (A-M)	9:15-10:30 Aqua Therapy Aqua Tabata Vicki (Pool)	9:00-10:00 Fun Friday Dance Jeanne (M-A)	9:30-10:15 am Cycling Ashley (C-M)	Noon-1:00 Cycling Kara (C-MH)
9:00-10:00 Boom Muscle Boom Mind Vicki (A-M)	9:15-9:45 Deep Water Rich (M)	8:45-9:45 Cycling Mike (C-MH)	9:15-9:45 Deep Water Rich (M)	10:00-11:00 Aqua Therapy Rich (M)	9:30-10:15 Pump (weight training) Tara (A-M)	
7:45-8:45 Jump Stretch Mike (JS-M)	12:00-12:30 SilverSneakers Yoga Vicki (AP-L)	7:45-8:45 Jump Stretch Mike (JS-M)	11:00-11:45 Yoga~Stretch Vicki (AP-L)	7:45-8:45 Jump Stretch Mike (JS-M)		
	10:00-11:00 Strong Fit Sherrie (JS-M)		10:00-11:00 Strong Fit Sherrie (JS-M)			
10:30-11:15 Parkinson's Disease** Vicki (AP-L)		10:30-11:15 Parkinson's Disease** Vicki (AP-L)		10:30-11:15 Parkinson's Disease** Vicki (AP-L) No class May 3rd	PLEASE NOTE: **You must register for Parkinson's classes before starting	
11:00-Noon Swimnastics Sue (Pool-M)		11:00-Noon Swimnastics Sue (Pool-M)		11:00-Noon Swimnastics Sue (Pool-M)	<p>*****</p> <p>NEW WALKING CLASS AT BUHL PARK!</p> <p>MONDAYS 8:30-9:30 AM with Shannon Reiter</p> <p>Meet at the upper, east end of the parking lot across from casino. Great for beginners and seniors! 3 laps around Lake Julia.</p> <p>1st lap-Leisure 2nd lap-Moderate 3rd lap-Cool Down & Stretching</p>	
4:45-5:40 Cycling Terri (C-MH)	4:45-5:30 Cycling Tasha (C-MH)	4:45-5:45 Cycling Terri (C-MH)	4:45-5:45 Cycling Terri (C-MH)			
5:45-6:30 Cycling Carrie (C-MH)	5:30-6:30 Cardio Groove Erika (A-MH)	5:30-6:30 HIIT Tabata Marsha (A-MH)	5:15-6:15 Aqua Yoga Dan-O (Pool)	5:00-6:00 Pump Tara (A-M) No class May 10 & 24		
5:30-6:30 HIIT Tabata Marsha (A-MH)	5:45-6:45 Cycling Krista (C-MH)	6:30-7:30 Barre Beth (A-M)	5:30-6:30 Zumba Beth (A-MH)			
	5:45-6:45 Aqua Yoga Dan-O (Pool)	6:30-7:30 Cycling Carrie (C-MH)	6:30-7:30 Circuit Training Carrie (JS-M)			
**6:30-7:30 Intro Jump Stretch Krista (JS-M)	6:30-7:30 Pilates Erika (A-M)					
Sign up for TEXT and/or EMAIL alerts! Text BUHLMEMBERS to 84483 and text BUHLGROUFPFIT to same # (84483) Be the 1 st to hear about schedule changes, updates and events!						
www.buhlcommunityreccenter.com						
						Begins May 6-Aug 26 No class May 27 th (Memorial Day)
						Sign up for text alert in case of weather cancelations.



Senior Fitness Schedule

Buhl Club

MAY-JUNE 2019

Revised 5-1-19

MAY-JUNE 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>		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>
7:45-8:45 <i>Jump Stretch Mike (JS-M)</i>	9:15-9:45 <i>Deep Water Rich (M)</i>	7:45-8:45 <i>Jump Stretch Mike (JS-M)</i>	9:15-9:45 <i>Deep Water Rich (M)</i>	7:45-8:45 <i>Jump Stretch Mike (JS-M)</i>	<p>***** NEW WALKING CLASS AT BUHL PARK!</p> <p>MONDAYS 8:30-9:30 AM with Shannon Reiter</p> <p>Meet at the upper, east end of the parking lot across from casino. Great for beginners and seniors! 3 laps around Lake Julia.</p> <p>1st lap-Leisure 2nd lap-Moderate 3rd lap-Cool Down & Stretching</p> <p>Begins May 6-Aug 26 No class May 27th (Memorial Day)</p> <p>Sign up for text alert in case of weather cancelations.</p>	
10:30-11:15 <i>Parkinson's Disease Vicki (AP-L)</i>		10:30-11:15 <i>Parkinson's Disease Vicki (AP-L)</i>		10:30-11:15 <i>Parkinson's Disease Vicki (AP-L)</i> No class May 3 rd		
	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>		
<p>PLEASE NOTE: ** You must register for Parkinson's classes before starting</p>						
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>		
	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>Circuit Training Carrie (JS-M)</i>			
<p>www.buhlcommunityreccenter.com</p>						
<p>Sign up for TEXT and/or EMAIL alerts! Text BUHLMEMBERS to 84483 and text BUHLGROUPFIT to same # (84483) Be the 1st to hear about schedule changes, updates and events!</p>						<p>FOLLOW US ON FACEBOOK FOR UPDATES.</p>
<p>Free coffee every Monday - Saturday am for members!</p>						