

Group Fitness Classes

at the Benderson Family Building

Schedule is subject to change without notice due to holidays and/or class participation levels.

For holiday schedules see front desk staff. **Classes open to those participants age 14 and over. Begins 1/29/12.**

HY & MARJORIE SCHEFF FITNESS CENTER

Ann Vorburger 688-4114 ext. 367

SUNDAY	Cycling	9:00-9:45 AM
	Zumba NEW!	9:00-10:00 AM
	Whittle Your Middle	10:00-10:15 AM
	BodyPump	10:15-11:15 AM
MONDAY	Cycling	6:00-7:00 AM
	Hi/Lo	9:00-10:05 AM
	Flex-Ability	10:10-10:40 AM
	Osteo-Fit	10:45-11:30 AM
	SilverSneakers® (MSROM)	12:15-1:00 PM
	Cycling	5:30-6:15 PM
	Step	5:30-6:30 PM
BodyPump	6:30-7:30 PM	
TUESDAY	BodyPump	6:00-7:00 AM
	Cycling	9:00-9:45 AM
	Zumba	9:00-10:00 AM
	Beginner Mat Pilates	9:00-10:00 AM
	Whittle Your Middle	10:00-10:15 AM
	Basic Training	10:15-11:15 AM
	BodyPump	12:00-1:00 PM
	Cycling	5:30-6:15 PM
	BodyPump	5:30-6:30 PM
	Yoga	6:40-7:40 PM
WEDNESDAY	Cycling	6:00-7:00 AM
	Hi/Lo	9:00-10:05 AM
	Flex-Ability	10:10-10:40 AM
	Yoga NEW!	10:30-11:30 AM
	Osteo-Fit	10:45-11:30 AM
	SilverSneakers® (MSROM)	12:15-1:00 PM
	Cycling	5:30-6:15 PM
	Zumba	5:30-6:30 PM
	G2G Tween Group Cycling NEW! 1/11	6:30-7:15 PM
	BodyPump	6:30-7:30 PM
Yoga	6:30-7:30 PM	
THURSDAY	BodyPump	6:00-7:00 AM
	Cycling	9:00-9:45 AM
	Zumba	9:00-10:00 AM
	Whittle Your Middle	10:00-10:15 AM
	BodyPump	10:15-11:15 AM
	BodyPump	12:00-1:00 PM
	Cycling	5:30-6:15 PM
	BodyPump	5:30-6:30 PM
Yoga	6:40-7:40 PM	
FRIDAY	Cycling	6:00-7:00 AM
	Zumba	9:00-10:00 AM
	BodyPump	10:15-11:15 AM
	Yoga	10:30-11:30 AM
SATURDAY	BodyPump	9:00-10:00 AM
	Cycling NEW!	9:00-10:00 AM

LEO CHAPIN POOL

Julie Kingsley & Erin Ruszaj 688-4114 ext. 365

SUNDAY	Disco Splash Fever	11:00-12:00 PM
MONDAY	*Drills & Thrills	8:25-9:00 AM
	Water Exercises	9:00-10:00 AM
	Water Aerobics	10:30-11:30 AM
	Deep Water Flexorcise	1:00-1:30 PM
Flexorcise	1:30-2:15 PM	
TUESDAY	*Small Group Interval Training	8:30-9:30 AM
	*Small Group Interval Training	10:30-11:15 AM
	Aqua Boogie (Shallow)	10:30-11:30 AM
	Interval Training	6:30-7:30 PM
WEDNESDAY	Water Exercises	9:00-10:00 AM
	Water Aerobics	10:30-11:30 AM
	Flexorcise	1:30-2:15 PM
THURSDAY	*Small Group Interval Training	8:30-9:30 AM
	*Small Group Interval Training	10:30-11:15 AM
	Aqua Boogie (Shallow)	10:30-11:30 AM
	Aqua Zumba	6:30-7:30 PM
FRIDAY	*Drills & Thrills	8:25-9:00 AM
	Water Exercises	9:00-10:00 AM
	Water Aerobics	10:30-11:30 AM
	Deep Water Flexorcise	1:00-1:30 PM
	Flexorcise	1:30-2:15 PM
SATURDAY	Aqua Zumba	10:15-11:15 AM
	Aqua Kick	11:15-12:15 PM

*Members only, fee based, limited space, registration required. Limited to 15 participants.



BENDERSON FAMILY BUILDING

Fitness: Ann Vorburger
Aquatics: Julie Kingsley & Erin Ruszaj

Group Fitness Classes

at the Benderson Family Building



Visit jccbuffalo.org for the latest schedule with class dates & times!

FREE FITNESS CLASSES

CYCLING

FIRST TIME CYCLISTS MUST SEE INSTRUCTOR BEFORE FIRST CLASS.

A virtual stationary bicycle class. Varying degrees of intensity to promote cardio fitness. Bikes are first come, first serve.

Ongoing

G2G TWEEN GROUP CYCLING

A 45 minute virtual trip around the world for ages 11-13.

January 11-February 15 (6 weeks)

HI-LO AEROBICS

Incorporating both high and low impact aerobic movements. Concludes with a short section of weights and abdominal work.

Ongoing

Zumba

Ditch the workout and join the party. Come work up a sweat in this blast of a class!

Ongoing

SILVERSNEAKERS® (MSROM)

Muscular Strength & Range of Movement

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support.

Ongoing

Step

Low impact class which utilizes 4, 6 or 8 inch steps. Beginners and advanced can both enjoy this class, tailored to all needs by the instructor. Includes muscular endurance training.

Ongoing

FREE AQUATICS CLASSES

AQUA BOOGIE

Low impact water aerobics plus conditioning and abdominal work in the shallow end.

Dotty Shaw

Ongoing

AQUA KICK

Cardio class incorporating elements of kickboxing in a higher resistance, lower impact environment. Held in the shallow end of the pool so even non-swimmers can participate.

Dawn Bruffett

Ongoing

AQUA ZUMBA

Ditch the workout and join the party. Come dance and splash in the pool with Betsy Hare.

Betsy Hare Ongoing

DISCO SPLASH FEVER **NEW!**

Flashback to the good old 70's & 80's for our newest class. Set in the shallow end of the pool, this class will get your heart pumping and your booty shaking!

Marsha Levenson Ongoing

FLEXORCISE / DEEP WATER FLEXORCISE

Walking, stretching, and range of motion exercises for those with Arthritis or other joint issues. Advanced class called "Deep Water Flexorcise" held in the deep end.

Tom LeValley

\$65/12 Sessions, Ongoing

JCC Members FREE

POOL INTERVAL TRAINING

High intensity exercise for brief periods with moderate rest. Excellent cardiovascular workout.

WATER AEROBICS

Cardio and resistance training for the upper & lower body. Use water weights and aerobics to tone and burn calories with an ab training.

Betty Smith Ongoing

WATER EXERCISE

A moderate aerobic workout that concentrates on conditioning using water weights. Moves done suspended in deep or shallow water, with aqua belt.

Betsy Hare Ongoing

AQUATICS CLASSES

DRILLS & THRILLS

Conditioning and body sculpting in 30 minutes. Limited to 16 participants, registration required.

December 26-April 6

Betsy Hare

\$10/class, JCC Members \$72.50

SMALL GROUP INTERVAL TRAINING

Maximize your cardio training with Betsy Hare. For experienced exercisers. Limited to 15 participants. Registration required.

December 27-April 5

JCC Members only \$105 (1 hour)

JCC Members only \$90 (45 min.)

FREE ALTERNATIVE FITNESS CLASSES

WHITTLE YOUR MIDDLE

An intense 15 minutes of abdominal and back strengthening.

Ongoing

YOGA

Encompasses the mind, body, and spirit while improving flexibility, strength, and promoting relaxation.

Ongoing

FLEX-ABILITY

Reduce stress, increase motion, balance and awareness.

Ongoing

BEGINNER MAT PILATES

Learn Joseph Pilates principles of control, concentration, centering, breathing, and alignment. Increased flexibility, stronger back and abdominal muscles.

Ongoing

FREE RESISTANCE TRAINING CLASSES

BODYPUMP

FIRST TIME BODYPUMPERS MUST SEE INSTRUCTOR BEFORE FIRST CLASS.

This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.

Great music, awesome instructors and your choice of weight inspire you to get the results you come for-and fast!

Ongoing

BASIC TRAINING

Strength training, agility drills, and high-intensity intervals help to ignite your metabolism and increase strength and core control.

Ongoing

OSTEO-FIT

A beginner class, with a short and mild cardio warm-up followed by light weight lifting.

Ongoing



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