

Group Fitness Classes

at the Holland Family Building

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

Classes open to those participants age 14 and over. Begins 11/28/11.

RUTH & THOMAS LIPPES FITNESS CENTER

Bob Lajuenesse 886-3172 ext. 402

SUNDAY	BodyPump	9:00-10:00 AM
	Cycling	9:30-10:15 AM
	Cardio Sweat & Sculpt Plus	10:30-12:00 PM
MONDAY	BodyPump	6:00-7:00 AM
	Yoga	6:00-7:00 AM
	SilverSneakers® (CardioFit) NEW!	10:30-11:15 AM
	SilverSneakers® (MSROM) NEW!	11:30-12:15 PM
	Cycling	12:15-1:00 PM
	Cycling	4:45-5:45 PM
	BodyPump	5:00-6:00 PM
	Zumba	6:00-7:00 PM
	Cycling	6:00-7:00 PM
	Mat Pilates	6:30-7:30 PM
	BodyPump	7:15-8:15 PM
TUESDAY	Cycling	6:05-7:05 AM
	Cycling	8:30-9:15 AM
	BodyPump	12:00-1:00 PM
	Intermediate Pilates	5:00-6:00 PM
	Cardio Sweat & Sculpt	6:00-7:00 PM
	Cycling	6:00-7:00 PM
	Yoga	6:30-7:30 PM
	Tighten Up/Stretch It Out	7:00-7:30 PM
WEDNESDAY	Yoga	6:00-7:00 AM
	Cycling	6:00-7:00 AM
	SilverSneakers® (CardioFit) NEW!	10:30-11:15 AM
	SilverSneakers® (MSROM) NEW!	11:30-12:15 PM
	Cycling	12:15-1:00 PM
	Mat Pilates	5:30-6:30 PM
	Cycling	6:00-7:00 PM
	BodyPump	7:15-8:15 PM
THURSDAY	Cycling	6:05-7:05 AM
	Cycling	8:30-9:15 AM
	BodyPump	12:00-1:00 PM
	Intermediate Pilates	5:00-6:00 PM
	Cardio Sweat & Sculpt	6:00-7:00 PM
	Tighten Up/Stretch It Out	7:00-7:30 PM
FRIDAY	BodyPump	6:00-7:00 AM
	Mat Pilates	9:00-10:00 AM
	Cycling	12:15-1:00 PM
SATURDAY	Mat Pilates	8:45-9:45 AM
	BodyPump	10:00-11:00 AM
	Zumba	11:15-12:15 PM

HOLLAND FAMILY BUILDING POOL

Kym Seiss 886-3145 ext. 411

SUNDAY	Water Muscles	10:30-11:30 AM
MONDAY	Aquacise	10:45-11:45 AM
	* Adult Swim Lessons	7:00-8:00 PM
	Water Aerobics	7:00-8:00 PM
TUESDAY	Water Muscles	10:45-11:45 AM
	* Swim Stroke Refinement	5:30-6:00 PM
	* Scuba	7:00-8:00 PM
	* Group Interval Training NEW!	7:00-7:45 PM
WEDNESDAY	Aquacise	10:45-11:45 AM
	Water Aerobics	7:00-8:00 PM
THURSDAY	Water Muscles	10:45-11:45 AM
FRIDAY	Silver Splash NEW!	10:45-11:45 AM
SATURDAY	Wet Sweat	11:00-11:45 AM

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

**No classes on:
Saturday, April 7
Sunday, April 8**



HOLLAND FAMILY BUILDING

**Fitness: Bob Lajuenesse
Aquatics: Kym Seiss**

Not a member?
Take any of the
member only Free
Aquatics classes
for ONLY \$10!

Group Fitness Classes

at the Holland Family Building

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

FREE ALTERNATIVE FITNESS CLASSES

YOGA

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

DAO YIN YOGA

A system of gentle movements and meditative postures that invigorates personal energy. Good for everyone, even beginners!
Ongoing

INTERMEDIATE PILATES

Lengthen and strengthen your body using concentration, control, centering, breathing, and alignment.
Ongoing

MAT PILATES

Stott Pilates 5 basic principles provide the basis for the exercises in the technique. Upon learning the basic principles, you will become aware of how your body functions. This will allow you to be in control of executing each exercise in order to reap the full benefits.
Ongoing

FREE FITNESS CLASSES

BODYPUMP

First timers must arrive 10 minutes 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

CARDIO SWEAT 'N SCULPT

Combines step and kickboxing moves followed by endurance training. Free-weights or floor work for core muscles.
Ongoing

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

CARDIOFIT (SILVERSNEAKERS)

Get up and go with an aerobic class for you. Safe, heart healthy and gentle on the joints. The workout includes easy to follow low-impact movement and upper body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.
Ongoing

CARDIO SWEAT 'N SCULPT PLUS

Combines step and kickboxing moves followed by endurance training. Free-weights or floor work for core muscles. Plus ½ hour of tighten up & stretch it out.
Ongoing

TIGHTEN UP/STRETCH IT OUT

Improve flexibility with a powerful and relaxing workout promoting strength and body awareness. Work your abs with exercises that help strengthen, tone, and define.
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

FREE AQUATICS CLASSES

AQUACISE

Osteo-Fit, stretching, cardio & resistance training. This lighter style water workout will keep you flexible and build up bone density.
Clare Hans Ongoing

SILVER SPLASH NEW!

Silver Splash offers shallow water moves to improve agility, flexibility and cardio endurance. No swimming ability is required and a special SilverSneakers kickboard is used to develop strength, balance and coordination.
Clare Hans Ongoing

WATER AEROBICS

Enjoy a variety of music while keeping your heart rate up and your body working harder. Use water weights and aerobics to tone and burn calories. Includes cardio, strength and ab training.
Dick Pauley Ongoing

WATER MUSCLES

60 minute intense cardio & toning class. This water aerobics class challenges you to work harder while enjoying music. Water weights and noodles will tone & strengthen muscles. Notice a difference in flexibility and balance after just 2 weeks.
Kym Seiss Ongoing

WET SWEAT

Cardio based class, done to music. Water weights, noodles and choreographed moves help get you sweating and burning calories.
Deserie Toliver Ongoing

AQUATICS CLASSES

ADULT SWIM LESSONS

Watch Red Cross videos on proper stroke technique and work with instructors to perfect each of the six strokes. Diving and flip turns will be introduced to those who want to learn.

Session 1: January 9-February 13
Mondays, 7:00 pm-8:00 pm
\$75, JCC Members \$50
Session 2: February 27-April 2
Mondays, 7:00 pm-8:00 pm
\$75, JCC Members \$50

VIRTUAL SWIM TRAINING

Looking for a way to get innovative swim workouts? Want personalized workouts literally at your fingertips? Not quite ready to commit to a trainer? Do you like variety in your workout plan? Try the latest training...virtual swim coaching with Kym Seiss. Kym will design and e-mailed weekly personalized workouts directly to you. These progressive workouts will include a variety of strokes, paces, equipment and results! You swim the workout when you want on your schedule, great for Triathletes. For details call Kym at 886-3172, ext. 411.

January 8-April 7
\$150/15 weeks (3 e-mails per week)
JCC Members Only

GROUP INTERVAL TRAINING

Personal training done in a small group setting. Intense resistance training & cardio done in a water setting. Maximum of 10 participants.
January 10-April 3 Tuesdays, 7:00 pm-7:45 pm
\$81, JCC Members only

SWIM STROKE REFINEMENT

Become a better lap swimmer. See your stroke on video, break down the basics and learn to get your full potential out of every stroke and kick.
Session 1: January 10-February 14
Tuesdays, 5:30 pm-6:00 pm
\$45, JCC Members \$30
Session 2: February 28-April 3
Tuesdays, 5:30 pm-6:00 pm
\$45, JCC Members \$30

DISCO INFERNO II

2 hour aerobics marathon. Where the water gets hot.
Kym Seiss
January 28 10:00 am-12:00 pm
\$5, JCC Members \$2 (pay at the pool)

All SilverSneakers® Members Welcome!



Fitness: Bob Lajeunesse 886-3172 ext. 402
Aquatics: Kym Seiss 886-3172 ext. 411