# GROUP FITNESS SCHEDULE

## MONDAY
- **Gentle Yoga** - Kelly 9:30 - 10:15am
- **Silver Sneakers Cardio** - Kathy R 10:30 - 11:30am
- **Pilates** - Leslie G 12:00 - 1:00pm
- **Les Mills BodyAttack** - Derek 6:00 - 7:00pm
- **Yoga** - Jodee 5:15 - 6:15pm
- **Cycling** - Amy 6:30 - 7:00pm

## TUESDAY
- **Barre Body** - Susan 6:30 - 7:00am
- **Core Worx** - Carla S 9:30 - 10:00am
- **Silver Sneakers Classic** - Kathy R 10:30 - 11:30am
- **Hatha Flow Yoga** - Kelly 12:00 - 1:00pm
- **Get PUMPED!** - Ed 12:00 - 1:00pm
- **Mat Pilates** - Larry 4:45 - 5:30pm
- **H.I.I.T** - Rene 5:15 - 5:45pm
- **Total Body Works** - Kathy R 5:45 - 6:30pm
- **Absolute Abs** - Kathy R 6:30 - 7:00pm

## WEDNESDAY
- **Vinyasa Yoga** - Kim G 7:00 - 8:00am
- **Intermediate Tai Chi** - Judy B 10:00 - 11:00am
- **Silver Sneakers Cardio** - Kathy R 10:30 - 11:30am
- **Strength Training** - Derek N 1:00 - 2:00pm
- **Core Worx** - Carla S 5:00 - 5:30pm
- **Yoga** - Jodee 5:15 - 6:15pm
- **Zumba & Barre** - Lisa M 6:00 - 7:00pm
- **Cycling** - Jan 6:30 - 7:00pm
- **Les Mills Core** - Brandon 6:00 - 6:30pm

## THURSDAY
- **Barre Body** - Susan 6:30 - 7:00am
- **Vinyasa Yoga** - Lise 9:00 - 10:00pm
- **Silver Sneakers Classic** - Kathy R 10:30 - 11:30am
- **Get PUMPED!** - Kathy D 12:00 - 1:00pm
- **H.I.I.T** - Rene 5:15 - 5:45pm
- **Total Body Works** - Kathy R 5:45 - 6:30pm
- **Absolute Abs** - Kathy R 6:30 - 7:00pm

## FRIDAY
- **Combat Cardio** - Derek 7:00 - 8:00am
- **Core Worx** - Carla S 9:30 - 10:00am
- **Seated/Standing Yoga** - Alexis 10:30 - 11:00am
- **Power Pilates** - Leslie G 11:15 - 12:00pm
- **Get Stretched** - Leslie G 12:00 - 12:45pm
- **U.P. Ultimate Power** - Jodee & Rene 5:15 - 6:15pm

## SATURDAY
- **Cycling** - Kevin H 8:30 - 9:15am
- **Zumba** - Lisa M 9:00 - 10:00am
- **Core Worx** - Todd 9:15 - 9:45am
- **Combat Core** - Derek 10:00 - 11:00am
- **Get PUMPED!** - Ed 10:15 - 11:15am
- **Vinyasa Yoga** - Lise 11:00am - 12:00pm

## SUNDAY
- **Get PUMPED!** - Kathy D 10:00 - 11:00am
- **Vinyasa Yoga** - Lise W 11:15am - 12:15pm

## Reservations
- Reservations are required 2 days prior through the app for Group Exercise Classes, Lap swim, Outdoor chairs and all fitness equipment.

## Download the **“My J” APP now!**

- Listings in **GREEN** happen outside at the Holland Family Building in Buffalo
- Listings in **BLUE** happen outside at the Benderson Family Building in Amherst
- Listings in **WHITE** are Virtual classes through Zoom

**Updated August 12, 2020**