



JCC of Greater Buffalo

updated 1/13/22

Benderson Family Building

Group Fitness Schedule

Reservations available via the My J app. Walk-ins welcome.

Reservations recommended due to space and equipment availability.

Outside fitness classes are weather dependent and may be moved inside.

Class Descriptions



Key: **Land Classes** | **Water Classes**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CYCLING 8:15a/Jodee Cycling Studio	HYDRORIDER 8:10a/Betsy Indoor Pool	CYCLING 6:30a/Kelsey Cycling Studio	CARDIO KICKBOXING 7:45a/Jodee/Rene Gym	BARRE BODY 6:30a/Susan GF Studio	LES MILLS BODY PUMP 5:45a/Brittney GF Studio	PILATES/BARRE FUSION 8:05a/Jan GF Studio
ULTIMATE POWER 9:15a/Jodee/Rene Gym	HYDRO MUSCLES 9:10a/Betsy Indoor Pool	BARRE BODY 6:30a/Susan GF Studio	HYDRO MUSCLES 9:10a/Betsy Indoor Pool	CYCLING 6:30a/Kelsey Cycling Studio	HYDRORIDER 8:10a/Betsy Indoor Pool	CYCLING 9:00a/Jan Cycling Studio
LES MILLS BODYPUMP 10:15a/Jennifer GF Studio	FLOAT FITNESS 10:10a/Betsy Indoor Pool	YOGA FIT 7:30a/Jodee GF Studio	FLOAT FITNESS 10:10a/Betsy Indoor Pool	AI CHI 9:00a/Betsy Indoor Pool	HYDRO MUSCLES 9:10a/Betsy Indoor Pool	LES MILLS BODYPUMP 9:00a/Cindy GF Studio
	SENIOR YOGA FIT 11:15a/Betsy GF Studio	20/20 ENDURANCE 8:30a/Jodee GF Studio	SENIOR YOGA FIT 11:15a/Betsy GF Studio	LES MILLS BODYPUMP 9:15a/Brittney GF Studio	FLOAT FITNESS 10:10a/Betsy Indoor Pool	WATER IN MOTION 9:10a/Betsy Indoor Pool
	TAI CHI 12:15p/Judy Gym	AI CHI 9:00a/Betsy Indoor Pool	TAI CHI 12:15p/Judy Gym	YOGA FIT 10:30a/Jodee GF Studio	TAI CHI INTERMEDIATE 12:15p/Judy Gym	STRETCH IT OUT 10:15a/Jan Yoga Studio
	LES MILLS CORE 12:15p/Betsy GF Studio	AQUACISE 10:40a/Kathryn Indoor Pool	LES MILLS CORE 12:15p/Betsy GF Studio	WATER IN MOTION 10:40a/Betsy Indoor Pool		BARRE BODY 10:15a/Susan GF Studio
	CYCLING 5:15p/Jodee Cycling Studio	SILVERSNEAKERS CLASSIC 12:00p/Jennifer GF Studio	GLUTES GALORE 4:45p/Jan Yoga Studio	SILVERSNEAKERS CLASSIC 12:00p/Jennifer GF Studio		
	HIIT 5:15p/Rene GF Studio	FLEXORCISE 1:30p/Nate Indoor Pool	YOGA FIT 5:15p/Jodee GF Studio	FLEXORCISE 1:30p/Nate Indoor Pool		
	GLUTES GALORE 5:15p/Jan Yoga Studio	CYCLING 5:15p/Monika Cycling Studio	HIIT 5:30p/Rene Gym	CYCLING 5:15p/Monika Cycling Studio		
	YOGA FIT 6:15p/Jodee GF Studio	LES MILLS BODYPUMP 5:30p/Cindy GF Studio	CYCLING 5:45p/Jan Cycling Studio	LES MILLS BODYPUMP 5:30p/Cindy GF Studio		
	CYCLING 6:15p/Jan Cycling Studio	BARRE BODY 6:45p/Susan GF Studio				

20/20 ENDURANCE: 20 exercises in 20 minutes! This challenging and motivating workout starts with light stretching followed by high, medium, and low impact exercises followed by (AMRAPs) as many reps as possible.

AI CHI: Water-based total body strengthening and relaxation progression that integrates mental, physical and spiritual energy. It combines Tai-Chi concepts with Shiatsu and Watsu techniques and is performed in shoulder-deep water using a combination of breathing and slow, broad movements of the arms, legs and torso.

AQUACISE: Low intensity workout: flexibility, balance, and light cardiovascular training.

AQUA HIIT: Maximize your cardio training, for experienced exercisers.

AQUA THON: This aquatic triathlon training course is designed for those looking for a fun, new workout routine. We take the three major components of a triathlon (swimming, cycling, and running) with the added benefits of aquatics resistance and low-impact.

BARRE BODY: Combines barre movements with weighted exercise and cardio to increase strength, muscle endurance, core fitness and balance.

BUILD YOUR CORE: Mat-based core training that includes abdominals, back, glutes, and hip stabilizer muscles. This low-impact class focuses on strength, flexibility, and balance.

CARDIO KICKBOXING: Full body workout with cardio bursts. Boxing mixed with high intensity moves to burn calories, build strength and muscles! Bring gloves to class.

CYCLING: Pedal through hill climbs, sprints and many other challenging drills and exercises, to improve cardiovascular conditioning.

DANCE FITNESS: Get fit to great music and moves! Class includes Zumba, line dancing, and other fun dance-type exercise.

FLEXORCISE: Walking, stretching, and range of motion exercises for those with joint or other issues.

FLOAT FITNESS: This is a majority deep water suspended class with cardio, core and resistance training.

GLUTES GALORE: Glutes are the largest muscle group of the body so come join the class to isolate, strengthen and tone the glutes!

H.I.I.T: Burn fat without losing muscle. Within each workout participants experience short intervals of training that deliver a calorie drenching workout and post metabolic boost.

HYDRO MUSCLES: A shallow and deep-end cardiovascular muscle conditioning workout. Working the entire body by utilizing different pieces of equipment and the resistance of the water.

HYDRORIDER: Burn calories in the water with this low impact, high resistance aqua spin bike!

LES MILLS BODYPUMP: The original barbell class that strengthens your entire body. Challenges your major muscle groups by using squats, presses, lifts and curls.

LES MILLS CORE: Hones in on the torso and sling muscles that connect your upper and lower body. Great for tightening your tummy and butt. Improve strength and assist in injury prevention.

PILATES BARRE FUSION: Pilates uses breathing and exercises to develop core and mental control of the body. Barre is no impact and focuses on functional movements, full range of motion and body alignment.

SENIOR YOGA FIT: Geared to seniors and those with conditions that limit mobility. The primary focus is on deep breathing and relaxation.

SILVERSNEAKERS CLASSIC: Increase strength and movement for daily living. Hand-held weights, elastic tubing, and a SilverSneakers ball are used for resistance. A chair is used for support.

STRETCH IT OUT: Stretching is the most overlooked aspect of fitness. Stretching elongates the muscles, improves flexibility, decreases the risk of injury and helps with daily stiffness.

TAI CHI: Practice movement without straining joints and muscles. Develop a coordination of mind and body, release stress, strengthen and stretch the body, improving flexibility and balance.

U.P. ULTIMATE POWER: Short warm up followed by 15 minutes of H.I.I.T., 20 minutes of circuit training stations, and 5 minutes of yoga stretching as a cool down.

WATER IN MOTION: A pre-choreographed, quarterly-released group aqua exercise program that refreshes your member experience every 3 months with new choreography, music and marketing. With land equivalent intensity, fantastic sing-along quality music, and dynamic instructors, enjoy the pure fun of this hour water extravaganza.

YOGA FIT: Encompasses the mind, body, and spirit while improving flexibility, strength and relaxation