



# JCC of Greater Buffalo

updated 1/13/22

## Holland 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 permitting and may be held inside.

Class Descriptions



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LES MILLS BODYPUMP 8:30a/Chris GF Studio	SLOW FLOW YOGA 9:30a/Leslie R. Yoga Studio	LES MILLS BODYPUMP 6:00a/Chris GF Studio	Hatha YOGA 8:30a/Sarah Yoga Studio	LES MILLS COMBAT & CORE 6:00a/Derek GF Studio	SPIVI CYCLING 6a/Caroyln Cycling Studio	SPIN & SCLUPT 8:30a/Sarah O. Cycling Studio
CYCLING 9:00a/Errol Cycling Studio	SILVERSNEAKERS CARDIO 10:30a/Kathy GF Studio	CYCLING 8:45a/Sarah O. Cycling Studio	SILVERSNEAKERS CARDIO 10:30a/Kathy GF Studio	VINYASA YOGA 9:30a/Lise Yoga Studio	SEATED/ STANDING YOGA 10:00a/Lise GF Studio	LES MILLS CORE 9:15a/Todd GF Studio
ZUMBA 9:45a/Angela GF Studio	CYCLING 12:15p/Mitch Cycling Studio	SLOW FLOW YOGA 9a/Leslie R. Yoga Studio	WATER AEROBICS 10:45a/Lori Indoor Pool	SILVERSNEAKERS CLASSIC 10:30a/Kathy GF Studio	SCULPT & STRETCH YOGA 11:15a/Lise GF Studio	LES MILLS BODY COMBAT 9:45a/Derek GF Studio
WATER MUSCLES 12:15p/Lori Indoor Pool	CYCLING 6:00p/Kevin Cycling Studio	SILVERSNEAKERS CLASSIC 10:30a/Kathy GF Studio	CYCLING 12:15p/Mitch Cycling Studio	WATER AEROBICS 10:45a/Lori Indoor Pool	CYCLING 12:15p/Mitch Cycling Studio	VINYASA YOGA 11:00a/Lise Yoga Studio
	LES MILLS BODYPUMP 6:15p/Brandon GF Studio	WATER AEROBICS 10:45a/Lori Indoor Pool	LES MILLS BODYPUMP 6:15p/Kim GF Studio	SPIVI CYCLING 5:30p/Heather Cycling Studio	LES MILLS BODYPUMP 5:30p/Brandon GF Studio	WATER MUSCLES 12:15p/Lori Indoor Pool
		SPIVI CYCLING 5:30p/Heather Cycling Studio		TOTAL BODY WORKS 6:00p/Kathy GF Studio		HYDRORIDER 1:30p/Lori Indoor Pool
		LES MILLS CORE 5:45p/Todd Yoga Studio		VINYASA YOGA 6:30p/Sarah Yoga Studio		
		TOTAL BODY WORKS 6:00p/Kathy GF Studio		ABSOLUTE ABS 7:00p/Kathy GF Studio		
		LES MILLS POWER HOUR 6:15p/Derek Yoga Studio				
		ABSOLUTE ABS 7:00p/Kathy GF Studio				
		AQUA CARDIO BLAST 7:00p/Eric Indoor Pool				

**ABSOLUTE ABS:** Increase your abdominal muscular strength and endurance in this class.

**AQUA CARDIO BLAST:** All ages and fitness levels will enjoy this workout! Short intervals of cardio exercise at your own pace mixed with stretching and rest.

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

**GENTLE YOGA:** This calming, stress relieving, and rejuvenating Hatha yoga class leverages stretching and strengthening activities to heal the body. Blankets, blocks, and pillows are used to deepen poses and rest in restorative postures. This class is recommended for all levels.

**GET STRETCHED:** Members will learn how to safely stretch tightened muscles while also developing improved spinal movements for added mobility in your daily activities. Appropriate for all fitness levels

**HATHA FLOW YOGA:** Hatha Yoga utilizes improved posture and conscientious breathing techniques in combination with mental focus to develop awareness, strength, flexibility and relaxation. Great for beginners.

**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 COMBAT:** BODYCOMBAT is a fitness class that lets you punch and kick your way towards your fitness goals!

**LES MILLS COMBAT & CORE:** BODYCOMBAT is a class that lets you punch and kick your way towards your fitness goals with added core workout.

**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.

**POWER HOUR:** A total body, heart pumping, cardio and strength conditioning workout. This interval-based class combines high intensity cardio bursts to hit your heart rate peak twice in 55 minutes, plus core and bodyweight training to tone up your muscles.

**POWER PILATES:** This class takes the classic Pilates format and cranks it up a notch (or two!). This advanced class is designed to challenge your core in a condensed, fast-paced, high-energy class.

**SEATED/STANDING YOGA:** A unique yoga style that adapts yoga positions and poses through the creative use of a chair. Poses are practiced seated on the chair or the chair is used for support during standing and balance poses. Emphasis is on breathing, balance, strength, flexibility, and relaxation. Suitable for all ages, fitness levels and physical conditions.

**SILVERSNEAKERS CARDIO:** Safe, healthy and gentle on the joints. Includes easy low-impact movement and upper body strength, abdominal conditioning, stretching and relaxation exercises.

**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.

**SPIVI CYCLING:** This interactive multimedia platform collects info like power, cadence, speed, distance and heart rate in real time! Join your group on a steep hill, rugged terrain or slow roll as you watch the visuals in front of you.

**TOTAL BODY WORKS:** Combines step and kickboxing movements for strength and endurance.

**VINYASA YOGA:** Once postures are mastered, students are taught to transition their postures in a breath synchronized motion. This class is intended for Intermediate-advanced participants.

**WATER AEROBICS:** General cardio and resistance training for the upper & lower body in the water.

**WATER MUSCLES:** High intensity muscular endurance and cardiovascular training in the water.

**ZUMBA:** Ditch the traditional workout and come join this dance party!