



JCC of Greater Buffalo

updated 1/13/2022

Virtual Classes

Group Fitness Schedule

Reservations available via the My J app to receive the Zoom link prior to class.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------------------|---------------------------------------|---------------------------------------|--------------------------------------|--|--------------------------------------|--------------------------------------|
| LES MILLS BODYPUMP 8:30a/Chris | SLOW FLOW YOGA 9:30a/Leslie R. | LES MILLS BODYPUMP 6:00a/Chris | HATHA YOGA 8:30a/Sarah | LES MILLS COMBAT & CORE 6:00a/Derek | LES MILLS CORE 9:30a/Carla | LES MILLS CORE 9:15a/Todd |
| ZUMBA 9:45a/Angela | SILVERSNEAKERS CARDIO 10:30a/Kathy | SLOW FLOW YOGA 9a/Leslie R. | SILVERSNEAKER CARDIO 10:30a/Kathy | VINYASA YOGA 9:30a/Lise | SEATED/ STANDING YOGA 10a/Lise | LES MILLS BODY COMBAT 9:45a/Derek |
| VINYASA YOGA 10:45a/Lise | LES MILLS BODYPUMP 6:15p/Brandon | LES MILLS CORE 9:30a/Carla | LES MILLS CORE 5:00p/Carla | SILVERSNEAKER CLASSIC 10:30a/Kathy | SCULPT & STRETCH YOGA 11:15a/Lise | LES MILLS BODYPUMP 10:15a/Edward |
| | | SILVERSNEAKER CLASSIC 10:30a/Kathy | LES MILLS BODYPUMP 6:15p/Kim | TOTAL BODY WORKS 6:00p/Kathy | LES MILLS BODYPUMP 5:30p/Brandon | |
| | | LES MILLS BODYPUMP 12:00p/Edward | | VINYASA YOGA 6:30P/Sarah | | |
| | | LES MILLS CORE 5:45p/Todd | | ABSOLUTE ABS 7:00p/Kathy | | |
| | | TOTAL BODY WORKS 6:00p/Kathy | | | | |
| | | LES MILLS POWER HOUR 6:15p/Derek | | | | |
| | | ABSOLUTE ABS 7:00p/Kathy | | | | |

ABSOLUTE ABS

Conditioning the abdominal core with exercises that increase muscular strength and endurance. Class concludes with stretching.

GENTLE YOGA

A calming, stress relieving, and rejuvenating Hatha yoga class to stretch, strengthen, and heal the body. Emphasis is on building awareness of the breath and body through movement and stillness. Yoga postures and sequences are practiced at a slower pace with special attention to alignment and detail. Blankets, blocks, and pillows are used to deepen poses and rest in restorative postures. This class is recommended for all levels.

GET STRETCHED

For anyone who would like to increase their flexibility and range of motion. You will learn how to safely stretch tight muscles, while learning correct spinal movements for added mobility in your daily activities. Appropriate for all fitness levels.

HATHA FLOW YOGA

Hatha Yoga uses postures and conscious breathing in combination with mental focus to develop awareness, strength, flexibility and relaxation. Beginner

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.

MAT PILATES

A mind body discipline which uses breathing with exercises to develop core control and Pilates which develops mental power and control.

POWER PILATES

This class takes the classic Pilates format and cranks it up a notch (or two!). This is for the advanced student who is ready to challenge their core in a condensed, fast-paced, high energy class. Very few modifications will be provided. Light hand weights will serve as a bonus in many of the exercises, but are not required. (This class is not recommended for those recovering from injuries, especially injuries of the low back.)

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.

TOTAL BODY WORKS

Combines step and kickboxing moves for strength and endurance. Class uses free-weights for strengthening arms, back and core muscles.

VINYASA YOGA

Classes offer students a greater challenge. Once postures are mastered, students are taught to transition their postures in a breath synchronized motion. Intermediate-advance.