



BENDERSON GROUP X SCHEDULE

MONDAY	9:00 AM	SilverSneakers Classic	Group Fitness Studio/Virtual
	10:00 AM	Cardio Kickboxing	Yoga Studio
	11:15 AM	Senior Yoga Fit	Group Fitness Studio/Virtual
	12:15 PM	Les Mills Core	Group Fitness Studio/Virtual
	12:15 PM	Tai Chi	Gym
	5:15 PM	Les Mills Core	Group Fitness Studio/Virtual
	5:15 PM	HIIT	Group Fitness Studio/Virtual
	5:15 PM	Cycling	Cycling Studio
	5:15 PM	Glutes Galore	Yoga Studio/Virtual
	6:15 PM	Yoga Fit	Group Fitness Studio/Virtual
	6:15 PM	Cycling	Cycling Studio
TUESDAY	6:30 AM	Cycling	Cycling Studio
	6:30 AM	Barre Body	Group Fitness Studio
	7:30 AM	Yoga Fit	Group Fitness Studio/Virtual
	8:30 AM	20/20 Endurance	Group Fitness Studio
	9:30 AM	SilverSneakers Stability	Group Fitness Studio/Virtual
	9:30 AM	Les Mills Core	Virtual Only
	11:00 AM	SilverSneakers Boom Muscle	Group Fitness Studio/Virtual
	12:00 PM	SilverSneakers Classic	Group Fitness Studio
	12:00 PM	Les Mills BodyPump	Virtual Only
	3:00 PM	Cardio Kickboxing	Yoga Studio
WEDNESDAY	5:30 PM	Les Mills BodyPump	Group Fitness Studio/Virtual
	6:45 PM	Barre Body	Group Fitness Studio/Virtual
	7:45 AM	Cardio Kickboxing	Gym
	9:00 AM	SilverSneakers Classic	Group Fitness Studio/Virtual
	10:00 AM	SilverSneakers Stability	Group Fitness Studio/Virtual
	11:15 AM	Senior Yoga Fit	Group Fitness Studio/Virtual
	12:15 PM	Tai Chi	Gym
	12:15 PM	Les Mills Core	Group Fitness Studio/Virtual
	5:00 PM	Les Mills Core	Virtual Only
	5:15 PM	Yoga Fit	Yoga Studio
THURSDAY	5:30 PM	HIIT	Group Fitness Studio/Virtual
	6:30 AM	Barre Body	Group Fitness Studio
	6:30 AM	Cycling	Cycling Studio
	9:15 AM	Les Mills BodyPump	Group Fitness Studio/Virtual
	10:30 AM	Yoga Fit	Group Fitness Studio
	10:45 AM	Cardio Kickboxing	Yoga Studio
	12:00 PM	SilverSneakers Classic	Group Fitness Studio
FRIDAY	5:30 PM	Les Mills BodyPump	Group Fitness Studio/Virtual
	5:45 AM	Les Mills BodyPump	Group Fitness Studio/Virtual
	9:30 AM	Les Mills Core	Virtual Only
	9:45 AM	SilverSneakers Classic	Yoga Studio
	11:00 AM	Cardio Kickboxing	Yoga Studio
	12:00 PM	Glutes Galore	Yoga Studio/Virtual
	12:15 PM	Tai Chi Intermediate	Gym

SATURDAY	8:05 AM	Pilates/Barre Fusion	Group Fitness Studio
	9:00 AM	Cycling	Cycling Studio
	9:00 AM	Les Mills BodyPump	Group Fitness Studio
	10:15 AM	Stretch It Out	Yoga Studio
	10:15 AM	Barre Body	Group Fitness Studio
	10:15 AM	Les Mills BodyPump	Virtual Only
SUNDAY	8:15 AM	Cycling	Cycling Studio
	9:15 AM	Ultimate Power	Gym
	10:15 AM	Les Mills BodyPump	Group Fitness Studio

GROUP FITNESS DESCRIPTIONS

CARDIO

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.

INTERVAL

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 as many reps as possible.

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.

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.

Scan the QR code to make reservations in the MY J APP to guarantee a spot in class, get cancellation notices, receive Zoom links for virtual classes & more!



APPLE



GOOGLE

LOW IMPACT

SilverSneakers BOOM MUSCLE

Improve strength, flexibility and endurance in convenient workouts. These classes will challenge you, but don't worry: one-handed pushups aren't required. No chairs are used.

SILVERSNEAKERS CLASSIC

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

SILVERSNEAKERS STABILITY

Become stronger and improve balance, the movements taught in class focus on specific exercises to improve strength and power around the ankle, knee, and hip joints, while improving your reaction time.

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.

MIND BODY

SENIOR YOGA FIT

Geared to seniors and those with limited mobility. The primary focus is on deep breathing and relaxation.

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.

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.

YOGA FIT

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

STRENGTH

BARRE BODY

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

GLUTES GALORE

Glutes are the largest muscle group of the body so come join the class to isolate, strengthen and tone them!

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.



JCCBUFFALO.ORG
2640 N. FOREST RD
AMHERST, NY 14068
716 688-4033