



HOLLAND GROUP X SCHEDULE

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|-----------|----------|-------------------------|------------------------------|
| MONDAY | 9:30 AM | Slow Flow Yoga | Yoga Studio/Virtual |
| | 10:30 AM | SilverSneakers Cardio | Group Fitness Studio/Virtual |
| | 12:15 PM | Cycling | Cycling Studio |
| | 5:45 PM | Core Sculpt | Group Fitness Studio/Virtual |
| | 6:00 PM | Cycling | Cycling Studio |
| | 6:15 PM | 3 Mile Group Jog/Run | Outdoors |
| | 6:15 PM | Les Mills BodyPump | Group Fitness Studio/Virtual |
| TUESDAY | 6:00 AM | Les Mills BodyPump | Group Fitness Studio/Virtual |
| | 8:45 AM | Cycling | Cycling Studio |
| | 9:00 AM | Slow Flow Yoga | Yoga Studio/Virtual |
| | 9:30 AM | Cardio Kickboxing | Group Fitness Studio/Virtual |
| | 9:30 AM | Les Mills Core | Virtual Only |
| | 10:30 AM | SilverSneakers Classic | Group Fitness Studio |
| | 12:00 PM | Les Mills BodyPump | Virtual Only |
| | 5:30 PM | Spivi Cycling | Cycling Studio |
| | 5:30 PM | Total Body & Abs | Group Fitness Studio/Virtual |
| | 6:15 PM | Bootcamp | Yoga Studio |
| WEDNESDAY | 8:30 AM | Hatha Yoga | Yoga Studio |
| | 10:30 AM | SilverSneakers Cardio | Group Fitness Studio/Virtual |
| | 12:00 PM | BodyPump | Group Fitness Studio/Virtual |
| | 12:15 PM | Cycling | Cycling Studio |
| | 12:15 PM | 2 Mile Group Jog/Run | Outdoors |
| | 5:00 PM | Les Mills Core | Virtual Only |
| | 6:15 PM | Les Mills BodyPump | Group Fitness Studio/Virtual |
| | 7:30 PM | Zumba | Group Fitness Studio/Virtual |
| THURSDAY | 6:00 AM | Les Mills Combat & Core | Group Fitness Studio/Virtual |
| | 8:30 AM | Cycling | Cycling Studio |
| | 9:30 AM | Cardio Kickboxing | Group Fitness Studio/Virtual |
| | 9:30 AM | Vinyasa Yoga | Yoga Studio/Virtual |
| | 10:30 AM | SilverSneakers Classic | Group Fitness Studio |
| | 5:30 PM | Spivi Cycling | Cycling Studio |
| | 5:30 PM | Total Body & Abs | Group Fitness Studio/Virtual |
| | 6:30 PM | Vinyasa Yoga | Yoga Studio/Virtual |
| FRIDAY | 9:30 AM | Les Mills Core | Virtual Only |
| | 10:00 AM | Seated/Standing Yoga | Group Fitness Studio/Virtual |
| | 11:15 AM | Sculpt & Stretch | Group Fitness Studio/Virtual |
| | 12:15 PM | Cycling | Cycling Studio |
| | 5:30 PM | Les Mills BodyPump | Group Fitness Studio/Virtual |
| SATURDAY | 8:00 AM | 2 Mile Group Jog/Walk | Outdoors |
| | 8:30 AM | Cycle & Sculpt | Cycling Studio |
| | 9:15 AM | Core Sculpt | Group Fitness Studio |
| | 9:45 AM | Les Mills Body Combat | Group Fitness Studio/Virtual |

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| SUNDAY | 8:00 AM | 4+ Mile Run | Outdoors |
| | 8:30 AM | Les Mills BodyPump | Group Fitness Studio/Virtual |
| | 9:00 AM | Cycling | Cycling Studio |
| | 9:45 AM | Zumba | Group Fitness Studio/Virtual |
| | 10:45 AM | Yoga Mechanics | Yoga Studio |

GROUP FITNESS CLASS 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.

LES MILLS BODYCOMBAT

A fitness class that lets you punch and kick your way towards your fitness goals!

LES MILLS COMBAT & CORE

Lets you punch and kick your way towards your fitness goals with added core workout.

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.

ZUMBA

Ditch the traditional workout and come join this dance party!

INTERVAL

POWER HOUR

A total body, heart pumping, cardio and strength conditioning workout. This class combines high intensity cardio bursts to hit your heart rate peak twice, plus core and bodyweight training to tone up your muscles.

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 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.

MIND BODY

GENTLE YOGA

This calming, stress relieving, and rejuvenating 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.

HATHA FLOW YOGA

Utilizes improved posture and conscientious breathing techniques in combination with mental focus to develop awareness, strength, flexibility and relaxation. Great for beginners.

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.

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 MECHANICS

Once postures are mastered, students are taught to transition their postures in a breath-synchronized motion.

STRENGTH

ABSOLUTE ABS

Increase your abdominal muscular strength and endurance in this class.

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.

TOTAL BODY WORKS

Combines step and kickboxing movements for strength and endurance.



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