



OUTDOOR POOL COMPLEX SCHEDULE

MON - FRI 7:00 AM- 8:00 PM | SAT - SUN 8:00 AM - 8:00 PM

Baby Pool Opens SUN, TUE, THUR, SAT at 11:00 AM | MON, WED, FRI at 12:30 PM

Snack Shack Open Daily 12:00 - 6:00 PM

The deep end and limited lap lanes are open during classes unless otherwise noted.

MONDAY	7:30 - 9:00 AM	Swim Team
	9:10 - 10:00 AM	Hydro Muscles
	10:00 AM - 2:30 PM	Camp Centerland
TUESDAY	9:30 AM - 10:00 AM	Ai Chi
	10:10 - 11:00 AM	Aquacise
	1:30 - 2:15 PM	Flexorcise
WEDNESDAY	7:30 - 9:00 AM	Swim Team
	9:10 - 10:00 AM	Hydro Muscles
	10:10 - 11:00 AM	Float Fitness
THURSDAY	9:30 - 10:00 AM	Ai Chi
	10:10 - 11:00 AM	Water in Motion
	1:30 - 2:15 PM	Flexorcise
FRIDAY	7:30 - 9:00 AM	Swim Team
	9:10 - 10:00 AM	Hydro Muscles
	10:00 AM - 2:30 PM	Camp Centerland
SATURDAY	9:10 - 10:00 AM	Water in Motion
	10:00 - 10:30 AM	Ai Chi

• You may use the MY J app to make Aquatics Group Fitness reservations •

SUNDAY

8:00 AM - 8:00 PM

Pool Open

AQUATICS CLASS DESCRIPTIONS

AQUATIC FITNESS

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.

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.

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!

WATER IN MOTION

With land equivalent intensity and fantastic music, enjoy the pure fun of this pre-choreographed group aqua exercise program.

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.

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.

Use the MY J App to make reservations for aquatics group fitness classes!



APPLE



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