



BENDERSON INDOOR POOL SCHEDULE

MON-THURS 5:30 AM-8:30 PM

FRI 5:30 AM-7:30 PM | SAT SUN 8:00 AM-5:30 PM

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

SUNDAY	9:00 - 10:20 AM	Water Babies
	10:20 - 11:00 AM	Toddler Splash
	11:00 - 11:40 AM	Basic Water Skills & Learn to Swim Level 1
	11:40 AM - 12:15 PM	Learn to Swim Level 2 & 3
	12:15 - 1:00 PM	Men Only Swim
	1:15 - 2:00 PM	Women Only Swim
MONDAY	8:00 - 9:00 AM	Hydrorider
	10:10 - 11:00 AM	Float Fitness
	11:00 AM - 1:00 PM	Camp (Pool Closed)
	6:30 - 8:30 PM	Swim Team
TUESDAY	8:10 - 9:00 AM	Aqua HIIT
	10:00 AM - 2:30 PM	Camp (Pool Closed)
	6:30 - 8:30 PM	Swim Team
WEDNESDAY	8:00 - 8:50 AM	Aquathon
	10:00 AM - 2:30 PM	Camp (Pool Closed)
	6:30 - 8:30 PM	Swim Team
THURSDAY	8:10 - 9:00 AM	Aqua HIIT
	10:00 AM - 2:30 PM	Camp (Pool Closed)
	6:30 - 8:30 PM	Swim Team
FRIDAY	8:00 - 9:00 AM	Hydrorider
	10:10 - 11:00 AM	Float Fitness
	11:00 AM - 1:00 PM	Camp (Pool Closed)
	6:30 - 7:30 PM	Swim Team
SATURDAY	9:00 - 10:10 AM	Water Babies
	10:20 - 10:50 AM	Toddler Splash
	11:00 - 11:30 AM	Basic Water Skills & Learn to Swim Level 1
	11:40 AM - 12:10 PM	Learn to Swim Level 2 & 3

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

AQUATICS CLASS DESCRIPTIONS



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.

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



APPLE



JCC BUFFALO



GOOGLE

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