



# HOLLAND GROUP X SCHEDULE

<b>MONDAY</b>	9:30 AM	Slow Flow Yoga	Yoga Studio/Virtual
	10:30 AM	SilverSneakers Cardio	Group Fitness Studio/Virtual
	12:15 PM	Cycling	Cycling Studio
	6:00 PM	Cycling	Cycling Studio
	6:15 PM	Les Mills BodyPump	Group Fitness Studio/Virtual
<b>TUESDAY</b>	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
	5:45 PM	Les Mills Core	Yoga Studio/Virtual
	6:00 PM	Total Body Works	Group Fitness Studio/Virtual
	6:15 PM	Les Mills Power Hour	Yoga Studio
<b>WEDNESDAY</b>	7:00 PM	Absolute Abs	Group Fitness Studio/Virtual
	8:30 AM	Hatha Yoga	Yoga Studio
	10:30 AM	SilverSneakers Cardio	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
<b>THURSDAY</b>	7:30 PM	Zumba	Group Fitness Studio/Virtual
	6:00 AM	Les Mills Combat & Core	Group Fitness Studio/Virtual
	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
	6:00 PM	Total Body Works	Group Fitness Studio/Virtual
	6:30 PM	Vinyasa Yoga	Yoga Studio/Virtual
<b>FRIDAY</b>	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	8:30 AM	Cycle & Sculpt	Cycling Studio
	9:15 AM	Les Mills Core	Group Fitness Studio/Virtual
	9:45 AM	Les Mills BodyCombat	Group Fitness Studio/Virtual
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/Virtual

# 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!

## 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.



APPLE



GOOGLE



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