

JCC GROUP EXERCISE

August 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:30 AM Absolute Abs <i>Soad</i>		6:30 AM Absolute Abs <i>Soad</i>			
8 AM Group Power <i>Elaine</i>		8 AM Group Power <i>Elaine</i>	7:30 AM Group Blast <i>Heather</i>			
9 AM Active Express <i>Bonnie</i>	8:30 AM Zumba <i>Taylor</i>		8:30 AM Core Conditioning <i>Soad</i>	8:30 AM Group Power <i>Judy</i>	9 AM Group Power <i>Jenny</i>	
9:30 AM Group Power <i>Jenny</i>	9:30 AM Step Aerobics <i>Soad</i>	9:30 AM Group Power <i>Tara</i>	9:30 AM Group Centergy <i>Bonnie</i>	9:30 AM Group Active <i>Bonnie</i>		9:15 AM Power Yoga <i>Christine</i>
9:45 AM Cardio Sculpt <i>Soad</i>	10:30 AM Group Centergy <i>Bonnie</i>	10:30 AM Group Active <i>Bonnie</i>		9:30 AM TRX <i>Sylvia</i>		10:30 AM Group Power <i>Tara</i>
	11:30 AM TRX Fusion <i>Sylvia</i>	10:30 AM TRX <i>Sylvia</i>	12 noon Zumba Gold <i>Bonnie</i>	10:45 AM Gentle Yoga <i>Bonnie</i>		11:30 AM Zumba <i>Jackie</i>
12 NOON Zumba Gold Toning <i>Bonnie</i>						
5:30 PM Absolute Abs <i>Soad</i>	5:30 PM Group Blast <i>Heather</i>	5:30 PM Absolute Abs <i>Soad</i>				
7 PM Group Power <i>Wendy</i>	6:30 PM Yoga <i>Colleen</i>	7 PM Group Power <i>Wendy</i>	7:30 PM Group Centergy <i>Heather</i>			
						

ABSOLUTE ABS

Forget those ordinary old sit-ups. This 50 minute class will take your core workout to another level. With a little creativity and a stability ball, you will get a core you adore!

ACTIVE EXPRESS

Challenge your cardiovascular fitness with this 30-minute class. Appropriate for all levels.

CARDIO SCULPT

Cross train with this high energy, high intensity workout.

CORE CONDITIONING

Whittle your middle with a blend of strength, stability and traditional core exercises. All levels welcome

GROUP ACTIVE

Get all the fitness you need—cardio, strength, balance and flexibility—in just one hour. With inspiring music, adjustable dumbbells and body weight exercises and simple athletic movements, this class is for everyone

GROUP BLAST

An energetic cardio workout using the Step to train fitness, agility, coordination and strength.

GROUP CENTERGY

A 60-minute journey that combines yoga and Pilates, enabling you to center your energy and relieve stress.

GROUP POWER

This is your hour of power! This 60-minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. Group Power is for all ages and fitness levels. Discover results, discover Group Power!

STEP/AEROBICS

This high intensity cardio workout involves stepping up and down on an adjustable platform. This class challenges your legs and cardio system promising a good sweat!

TRX

Build functional strength and improve flexibility, balance and core stability all at once using body weight suspension training.

TRX FUSION

Add interval training to your TRX workout.

YOGA

Learn the essence of relaxation through stretches, postures and improved breathing techniques. Connecting your breath to movement, you will achieve stress relief and a calm mind.

GENTLE YOGA

For those who wish to move at a slower pace. No yoga experience required.

ZUMBA

Move your hips to a Latin beat! This dance inspired workout will excite all ages and exercise levels. Move and groove your way to a healthy body. Tone your core and more!

ZUMBA TONING

Latin beats meets body sculpting. Add light weight training to your cardio dance.

ZUMBA GOLD

Just like the original but choreographed to welcome beginners or seniors

FEES

TRX, TRX Fusion

\$10/class

Yoga, Power Yoga

\$8/class

Gentle Yoga

\$5/class

For questions or concerns, contact Judy McGuire, 412-278-1792, or jmcguire@jccpgh.org.

ALL CLASSES ARE FREE FOR PLATINUM MEMBERS

Register online at JCCPGH.org or call the Front Desk. Fees may be paid online or when you call.

Space is limited; please register!