

AGEWELL AT THE JCC

SENIOR ADULT GROUP EXERCISE CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 am Inner Balance LEVINSON B <i>Desiree</i>	9:00 am SilverSneakers® Classic LEVINSON B <i>Marsha</i>	9:30 am SilverSneakers® Circuit LEVINSON B <i>Marsha</i>	9:00 am SilverSneakers® Circuit LEVINSON B <i>Jamie</i>	
9:30 am Arthritis Exercise Class LEVINSON B <i>Desiree</i> 	10:00 am SilverSneakers® Circuit LEVINSON B <i>Jamie</i>	10:30 am SilverSneakers® Yoga LEVINSON B <i>Marsha</i>	10:00 am SilverSneakers® Classic LEVINSON B <i>Connie</i>	10:00 am SilverSneakers® Yoga LEVINSON B <i>Marsha</i>
10:15 am SilverSneakers® Circuit LEVINSON B <i>Desiree</i>	10:45 am SilverSneakers® Splash SMALL POOL	Noon Arthritis Aquatic Class SMALL POOL <i>Cathy</i> 	10:45 am SilverSneakers® Splash SMALL POOL	11:00 am SilverSneakers® Circuit LEVINSON B <i>Marsha</i>
11:15 am SilverSneakers® Yoga LEVINSON B <i>Desiree</i>	11:00 am Namaste Yoga LEVINSON B <i>Jamie</i>	1:00pm All Ages T'ai Chi KAUFMANN DANCE STUDIO <i>Doris</i>	Noon SilverSneakers® Yoga LEVINSON B <i>Jamie</i>	Noon Arthritis Aquatic Class SMALL POOL Instructor 
Noon Arthritis Aquatic Class SMALL POOL <i>Cathy</i> 	11:45 am Zumba Gold KAUFMANN DANCE STUDIO <i>Luisa</i> 	1:45pm Senior Adult T'ai Chi KAUFMANN DANCE STUDIO <i>Doris</i>	1:00 pm SilverSneakers® Classic LEVINSON B <i>Marsha</i>	
	1:00 pm SilverSneakers® Classic LEVINSON B <i>Luisa</i>	Turn over for more information. No group ex coupons accepted; these are not Centerfit Platinum classes		

AgeWell at the JCC Fitness Class Descriptions

For those not registered with SilverSneakers® or Silver&Fit®, participants need to be age 60, Allegheny County residents and registered with AgeWell at the JCC. SilverSneakers® classes (except for Splash) and Silver&Fit® Zumba Gold are open to those registered with AgeWell at the JCC if space permits for a fee of \$1.

Arthritis Foundation Exercise Program

LEVINSON HALL (30 MIN)

This exercise program uses movements created by physical therapists that address pain and fatigue while increasing strength.

Suggested donation of \$1. Endorsed by Silver&Fit.

Arthritis Foundation Aquatic Class

SMALL POOL

Gentle movements increase joint flexibility and range of motion while restoring or maintaining muscle strength. This program is certified by the Arthritis Foundation.

JCC members only. Endorsed by Silver&Fit.

Namaste Yoga

LEVINSON HALL

Yoga helps promote stress reduction and mental clarity. Increase flexibility, balance, and find relaxation in this oga class.

Suggested donation of \$1

SilverSneakers® CIRCUIT

LEVINSON HALL

Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head-to-toe stretching, and complete relaxation in a comfortable position.

Note: This class is for people who are comfortable standing to do exercise for 30 – 40 minutes. Sneakers are required.

Free to SilverSneakers® Members. All others pay \$1 if space permits.

Zumba Gold

KAUFMANN DANCE STUDIO (KDS)

The easy-to-follow program that lets you move to the beat at your own speed. Zumba Gold® classes provide modified, low-impact moves for active older adults. Sneakers are required.

Free to Silver & Fit Members, all others pay \$1 at the class if space permits.

Inner Balance

LEVINSON HALL

A half-hour class based on an exercise protocol demonstrated to be effective in preventing falls, improving balance and flexibility.

Suggested donation of \$1

SilverSneakers® CLASSIC

LEVINSON HALL

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support. This class is appropriate for all fitness levels. Sneakers are required.

This class is free to SilverSneakers® members. All others pay \$1 if space permits.

SilverSneakers® SPLASH

SMALL POOL

Activate your aqua urge for variety! Splash offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

No fee; JCC Members only.

SilverSneakers®Yoga

LEVINSON HALL

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class may be taken in sneakers or bare feet and is appropriate for all fitness levels.

Free to SilverSneakers® Members. All others pay \$1 at the class if space permits.

All ages T'ai Chi

KAUFMANN DANCE STUDIO (KDS)

A series of slow movements that build strength, balance, and flexibility, while promoting the flow of energy through the body, and reducing pain, stress, and anxiety.

**10 classes: \$30 member/\$35 community
Register in Room 201**

Senior Adult T'ai Chi

KAUFMANN DANCE STUDIO (KDS)

\$1/class: pay at the class.

For the safety and courtesy of participants, please arrive on time. Sign in 15 minutes before class start. No admittance 15 minutes after start of class.

For more information, contact Marsha Mullen, mmullen@jccpgh.org or 412-339-5415.

