

JCC GROUP EXERCISE

JULY 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|--|---|---|---|
| | | | | | | |
| 8 AM Group Power <i>Elaine</i> | 8 AM Yoga <i>Melissa</i> | 8 AM Group Power <i>Elaine</i> | 8 AM Stretch & Strength* <i>Bonnie</i> | 8 AM Group Power <i>Jenny</i> | | |
| 9 AM Active Express* <i>Bonnie</i> | 9 AM HIIT Express* <i>John</i> (Gym) | 9 AM Active Express* <i>Kathy</i> | 8:30 AM Core Conditioning* <i>Kelly</i> | 9 AM Group Active <i>Elaine</i> | 9 AM Group Power <i>Heather</i> | 9 AM Stretch & Strength <i>Tyrik</i> |
| 9:30 AM Group Power <i>Jenny</i> | 9 AM Step <i>Soad</i> | 9:30 AM Group Power <i>Jenny</i> | 9:30 AM Group Centergy <i>Bonnie</i> | 10 AM Group Active <i>Bonnie</i> | 10:15 AM Boot Camp <i>Kelly</i> | |
| 11 AM Beginner Yoga <i>Melissa</i> | 10 AM Group Centergy <i>Bonnie</i> | 10 AM TRX <i>Sylvia</i> | 10:30 AM Group Active <i>Patti</i> | 10 AM TRX <i>Sylvia</i> | 10 AM Group Blast <i>Alyssa/Lyndsay</i> | |
| 12 NOON Zumba Gold Toning <i>Bonnie</i> | 11 AM Group Active <i>Kathy</i> | 10:30 AM Group Active <i>Lyndsay</i> | 12 NOON Zumba Gold <i>Bonnie</i> | 11:15 AM Beginner Yoga <i>Bonnie</i> | | 11:30 AM Zumba <i>Diana</i> |
| 5:30 PM Absolute Abs <i>Soad</i> | 11 AM TRX Fusion <i>Sylvia</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> | 6:30 PM Zumba <i>Diana</i> |  |  |  |
| 8 PM Centergy <i>Alyssa</i> | 7:30 PM Group Active <i>Kathy</i> | | 7:30 PM Total Body Strength <i>Medardo</i> | *half-hour class | |  |

ABSOLUTE ABS (45 minutes)

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 (30 minutes)

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

BOOT CAMP

This intense, high-energy class will get your weekend off to a great start! Work on strength, cardio, endurance and functional fitness with a variety of drills and equipment in our gym.

CORE CONDITIONING (30 minutes)

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 hour of cardio training using The Step to get your heart pounding.

GROUP CENTERGY

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

GROUP 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.

HIIT EXPRESS (30 minutes)

Combining cardio intervals and weight training and adding in some mat core work, this class provides the variety your body needs to increase endurance, strength and overall fitness.

STEP

High intensity cardio class using the step bench.

STRETCH & STRENGTH (30 minutes)

Get ready for your day with these two back-to-back 30-minute classes of yoga-based movement and functional exercise. Come for one half hour class or stay for the full hour.

TOTAL BODY STRENGTH (TBS)

Targeted strength training, using weights and body weight exercises, with motivating music and a personal trainer instructor. You will build strength and overall conditioning from head to toe.

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

Improve strength and flexibility through stretches, postures flow and breathing. Connecting your breath to movement, you will achieve stress relief and a calm mind.

BEGINNER YOGA (45 minutes)

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 GOLD 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 (classes not listed are free with membership)

Beginner Yoga, Yoga

\$5/class

Boot Camp, TRX, TRX Fusion

\$10/class

For questions or concerns, contact Elaine Cappucci, 412-446-4773 or ecappucci@jccpgh.org

MOST CLASSES ARE FREE FOR PLATINUM MEMBERS

Register online at JCCPGH.org

or call the Front Desk at 412-278-1975.

Fees may be paid online or when you call.

Space is limited; please register