

# SENIOR ADULT GROUP EXERCISE CLASSES

# September 8-30, 2019

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY  | SUNDAY                                   |
|--|---|--|---|---|---|--|
| <b>8 am Circuit</b><br><i>Joanne</i>                 |   | <b>8 am Circuit</b><br><i>Joanne</i>             |   | <b>8 am Circuit</b><br><i>Desiree</i>             |   |  |
| <b>9 am Classic</b><br><i>Elaine</i>                 | <b>9 am Circuit</b><br><i>Bonnie</i>                    | <b>9 am Classic</b><br><i>Elaine</i>             | <b>9 am Circuit</b><br><i>Desiree</i>               | <b>9 am Classic</b><br><i>Desiree</i>             | <b>9:15 am Circuit</b><br><i>Gerrie/Joanne</i>  |  |
| <b>9 am BOOM® Move*</b><br><i>Bonnie</i>             | <b>10 am Classic</b><br><i>Sylvia</i>                   | <b>10 am Circuit</b><br><i>Elaine</i>            | <b>10 am Classic</b><br><i>Desiree</i>              | <b>10 am Circuit</b><br><i>Elaine</i>             | <b>10:15 am Classic</b><br><i>Gerrie/Joanne</i> | <b>10 am Classic</b><br><i>Desiree</i>   |
| <b>9:30 am (Gym) BOOM® Muscle*</b><br><i>Kelly</i>   |   |  |   |   |   |  |
| <b>10:30 am Circuit</b><br><i>Bonnie</i>             |   |  |   |   |   |  |
| <b>11:30 am Classic</b><br><i>Heather</i>            | <b>11 am Beginner Arthritis Tai Chi</b><br><i>Sandy</i> | <b>11:15 am Classic</b><br><i>Kelly</i>          | <b>11-11:30 am Balance</b><br><i>Elaine</i>         | <b>11:15 am Classic</b><br><i>Kelly</i>           |   | <b>11 am Yoga</b><br><i>Desiree</i>      |
| <b>Noon (Gym) Zumba Gold Toning</b><br><i>Bonnie</i> | <b>Noon Advanced Arthritis Tai Chi</b><br><i>Sandy</i>  |  | <b>11:30 am BOOM® Muscle</b><br><i>Kelly</i><br>GYM |   |   |  |
| <b>1 pm Yoga</b><br><i>Desiree</i>                   |   |  | <b>Noon (Gym) Zumba Gold</b><br><i>Bonnie</i>       |   |   |  |
| <b>2 pm Arthritis Exercise</b><br><i>Sandy</i>       | <b>1 pm PWR</b><br><i>Steve</i>                         | <b>1 pm Yoga</b><br><i>Desiree</i>               | <b>1 pm PWR</b><br><i>Steve</i>                     |   |   |  |
| AQUATICS   |   |  |   |   |   |  |
| <b>10 am Arthritis Aquatics</b><br><i>Mary</i>       |   | <b>Noon Arthritis Aquatics</b><br><i>Desiree</i> |   | <b>10 am Arthritis Aquatics</b><br><i>Desiree</i> | <b>8:30 am AquaFit</b><br><i>Joan</i>           |  |
| <b>1 pm Splash</b><br><i>Desiree</i>                 | <b>Noon Arthritis Aquatics</b><br><i>Mary</i>           | <b>4 pm Splash</b><br><i>Desiree</i>             | <b>1 pm Splash</b><br><i>Desiree</i>                | <b>11 am Aqua Groove</b><br><i>Desiree</i>        |   | <b>12:30 pm Splash</b><br><i>Desiree</i> |

# Class Descriptions

## **Boom® Move**

30 minutes of dance-based exercises that improve cardio endurance and burn calories. The dance moves start in simple sequences that build to more complex sequences to increase the intensity and the fun.

## **BOOM® Muscle**

30 minutes of athletic-based exercises that improve upper body conditioning, designed for active adults age 50+. You'll move through several blocks of exercises that focus on toning and strengthening different muscle groups.

## **SilverSneakers® Classic**

Have fun and move to the music with a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

## **SilverSneakers® Circuit**

Combine fun with fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers® ball are alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

## **SilverSneakers® Yoga**

SilverSneakers® Yoga will move your whole body through a complete series of yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

## **SilverSneakers® Splash**

Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required and a SilverSneakers® kickboard or other aquatic equipment is used to improve strength, balance and coordination.

## **Arthritis Foundation Exercise Program**

This class includes both seated and standing gentle range-of-motion exercises which can help improve joint flexibility, increase muscular strength, and improve ability to do everyday activities.

\$3/class/members; \$5/community

## **Tai Chi for Arthritis**

The Sun style of Tai Chi includes sequences and exercises to improve mobility, balance, breathing and relaxation.

\$3/class/member; \$5/class/community.

## **Arthritis Foundation Aquatic Exercise**

The Arthritis Foundation Aquatic Program are taught in our heated pool to help participants improve their joint flexibility and reduce their pain and stiffness while supported by the water's buoyancy and resistance.

No fee for members; \$5/class/community

## **Balance**

A half-hour, low impact class designed to improve balance and increase core strength, both of which are crucial for fall prevention, improved posture and coordination in older adults.

## **PWR!**

Parkinson's Wellness and Recovery (PWR!) is a program to counteract the major symptoms of Parkinson's, restore function and improve quality of life.

\$5/member; \$7/community

No fee for Platinum members

## **Adult Tap**

This class is geared toward advanced beginner to intermediate dancers. It's all about having fun while getting fit and learning new tap dance skills. Open to members and non-members, you can pay per class, or for an entire session.

Drop-in fee \$9/members; \$13/community. Sessions are ongoing, please see Front Desk for details.

## **Zumba Gold®**

Move and groove your way to a healthy body. This Latin dance-inspired workout is choreographed for beginners and serious seniors.

## **Zumba Gold Toning®**

Make body-sculpting a party with this calorie-burning, strength-training class appropriate for active seniors and beginners. Learn how to use weighted, maraca-like Zumba Toning Sticks to enhance rhythm, build strength and tone all the target zones.

## **For all classes, please observe the following procedures:**

- If you are joining the class for the first time, please make sure to let the instructor know before class.
- Walk-ins are welcome. We rarely need to turn anyone away!
- For safety of all participants, please wait for a safe opportunity to enter and exit the room after class begins.
- Wear supportive fitness shoes.
- Bring a bottle of water.

**For more information, please contact Elaine Cappucci, 412-446-4773 [ecappucci@jccpgh.org](mailto:ecappucci@jccpgh.org)**

