


# JCC GROUP EXERCISE Mornings

## September 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>8-9 am</b> <b>SPINNING*</b> SPIN STUDIO Mark/Bob	<b>6:15-7 AM</b> <b>SPINNING*</b> SPIN STUDIO Marsha	<b>6-7 AM</b> <b>GROUP POWER</b> KDS Laurie	<b>6-7 AM</b> <b>GROUP FIGHT</b> KDS Laurie	<b>6:15-7:15 AM</b> <b>GROUP POWER</b> KDS Laurie	<b>6-7 AM</b> <b>SPINNING*</b> SPIN STUDIO Marsha	<b>8:15-8:45 AM</b> <b>FIGHT 30</b> KDS Lauren
<b>8-9 am</b> <b>GROUP POWER</b> KDS Patti E. 	<b>6:15-7:15 AM</b> <b>GROUP BLAST</b> KDS Laurie	<b>7:30-8 am</b> <b>GROUP CORE*</b> KDS Laurie	<b>6-7 AM</b> <b>SPINNING*</b> SPIN STUDIO Molly	<b>8-9 AM</b> <b>GROUP POWER</b> KDS Molly	<b>6:15-7:15 AM</b> <b>GROUP FIGHT</b> KDS Laurie	<b>8:45-9:45 AM</b> <b>GROUP BLAST</b> KDS Lauren
<b>9:15-10:30 am</b> <b>YOGA</b> RDS Max/Eileen	<b>8-9 AM</b> <b>GROUP CENTERGY</b> RDS Laurie	<b>8-9 AM</b> <b>GROUP POWER</b> KDS Molly	<b>8-9 AM</b> <b>GROUP ACTIVE</b> KDS Holly	<b>9-9:30 AM</b> <b>SPIN FOR "30"*</b> SPIN STUDIO Patti	<b>8-9 AM</b> <b>GROUP CENTERGY</b> RDS Patti	<b>9-9:45 AM</b> <b>SPINNING*</b> SPIN STUDIO Evan
<b>9:15-10:15 am</b> <b>GROUP FIGHT</b> KDS Lauren 	<b>8:15-9:15 AM</b> <b>GROUP ACTIVE</b> KDS Holly	<b>9-9:45 AM</b> <b>SPINNING*</b> SPIN STUDIO Laurie	<b>8-8:45 AM</b> <b>SPINNING</b> SPIN STUDIO Patti	<b>9:15-10:15 AM</b> <b>GROUP POWER</b> KDS Marsha	<b>8:15-8:45 AM</b> <b>BLAST 30</b> KDS Molly	<b>10-11 am</b> <b>GROUP CENTERGY</b> KDS Holly
<b>10:15-11:15 am</b> <b>SPINNING*</b> SPIN STUDIO Lauren 	<b>9:15-10:15 AM</b> <b>GROUP ACTIVE</b> KDS Molly	<b>9:15-10:15 AM</b> <b>GROUP POWER</b> KDS Evan	<b>9-10 AM</b> <b>GROUP BLAST</b> KDS Molly	<b>11 am-noon</b> <b>ZUMBA</b> KDS Dustin	<b>9-9:45 AM</b> <b>SPINNING*</b> SPIN STUDIO Laurie	<b>10:15-10:45 am</b> <b>GROUP CORE*</b> PTS Evan
<b>10:15 -10:45 am</b> <b>GROUP CORE*</b> KDS Bill 	<b>9:15-10:30 AM</b> <b>YOGA</b> RDS Paul	<b>10:30-11:30 am</b> <b>GROUP ACTIVE</b> KDS Evan	<b>9-10 AM</b> <b>GROUP CENTERGY</b> RDS Patti		<b>9:15-10:15 AM</b> <b>GROUP ACTIVE</b> KDS Patti	<b>11 am-noon</b> <b>GROUP ACTIVE</b> KDS Holly
<b>11 am-Noon</b> <b>YOGALATES</b> RDS Eileen					<b>9:15-10:30 AM</b> <b>YOGA FLOW</b> RDS Paul	
<b>10:45am-11:45</b> <b>GROUP ACTIVE</b> KDS Evan/Molly 						

# JCC GROUP EXERCISE Afternoons & Evenings

September 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>6-7 PM</b> <b>GROUP FIGHT</b> KDS Mike	<b>5-6 pm</b> <b>GROUP POWER</b> KDS Patti E.	<b>5:15-6:15 PM</b> <b>GROUP BLAST</b> KDS Evan	<b>5:30-6 PM</b> <b>GROUP CORE</b> KDS Evan	<div style="background-color: #00a6c9; color: white; padding: 10px;"> <p><b>Labor Day Schedule:</b>                              9 am: Spin/Lauren                              9 am: Group Active/Evan                              10 am: Group Centergy/Evan</p> <p><b>Monday, September 9</b>                              6:15-7:30 pm: Back to School                              Extended Spin</p> <p><b>Wednesday, September 25</b>                              9 am: Group Centergy Fall Launch</p> </div>	
	<b>6:30-7:15 PM</b> <b>SPINNING</b> SPIN STUDIO Molly	<b>5:15 pm</b> <b>SPIN FOR "30"*</b> SPIN STUDIO Holly	<b>6:15-7:15 PM</b> <b>GROUP ACTIVE</b> KDS Evan	<b>6-7 PM</b> <b>GROUP POWER</b> KDS Evan		
	<b>7-7:30 pm</b> <b>GROUP CORE</b> KDS Mike			<b>7:15-8:15 PM</b> <b>GROUP CENTERGY</b> PTS Evan		
		<b>6-7 PM</b> <b>GROUP CENTERGY</b> KDS Holly	<b>6:30-7:15 PM</b> <b>SPINNING*</b> SPIN STUDIO Marcella			
		<b>7:15-8:30 pm</b> <b>YOGA FLOW</b> KDS Taya	<b>7:15-8:15 PM</b> <b>GROUP FIGHT</b> KDS Mike			

• Reservations required for Spinning  
 • Please pay at the Centerfit Desk

**NEW TIME**

**Group Power**  
 Barbell program that strengthens all major muscles—for all fitness levels.

**Stewart S. Weinbaum Shortstop Babysitting**  
 Monday-Friday, 8AM-1 PM

**Zumba**  
 Exciting Latin moves and rhythms.

**Evening Babysitting**  
 Monday to Thursday, 5:30-8:30 PM

**Group Exercise & Spinning Fees**  
**Centerfit Platinum: No fee**  
**General Members:**  
 \$5/class; \$80/20 adult coupons  
 \$53/20 teen coupons

**Call 412-697-3544 to make a reservation.**  
**Centerfit Platinum Members**  
 \$35/month/child; \$396/year/child  
**General Members**  
 \$50/month/child; \$576/year/child  
**Drop-in**  
 \$12/hour/child; no-show: \$15

**Yoga and Pilates Fees**  
**Centerfit Platinum: No fee**  
**General Members:**  
 \$140/20-session punch card (get one session FREE with filled card)  
 \$70/10-session punch card  
 Drop-in: \$9/member;  
 \$12/community

**You must remain in the building while using JCC babysitting.**

**Yogalates**  
 Create a body that is long and lean with flat abdominals and a strong back using a combination of yoga and Pilates moves.

**Yoga**  
 Improve strength and flexibility through stretches, postures and breathing techniques.

**Yoga Flow**  
 Seated meditation, breathing exercises and a variety of postures. Suitable for all students from beginners and up.

**Spinning\***  
 Reservations required and may be made up to seven days in advance. Two hours advance notice of cancellation required; "no shows" will be charged \$5.

**Group Active**  
 One class that gives you all the training you need—cardio, strength, balance and flexibility—in just one hour. Activate your life with Group Active.

**Group Blast**  
 60 minutes of cardio training using The Step to improve fitness, agility, coordination and strength.

**Blast 30**  
 30 minutes of high energy cardio training.

**Group Centergy**  
 Combines yoga and pilates movements.

**Spin/Core**  
 30 minutes of Spin plus Group Core

**Group Core**  
 Trains you like an athlete in 30 action-packed minutes and challenges you like never before. Prevent back pain, improve athletic performance and get ripped abs.

**Group Fight**  
 Fusion of martial arts and boxing movements.