

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 am Inner Balance LEVINSON B <i>Marsha</i>	9:00 am SilverSneakers® Classic LEVINSON B <i>Karen</i>	9:30 am SilverSneakers® Circuit LEVINSON B <i>Marsha</i>	9:00 am SilverSneakers® Classic LEVINSON B <i>Jamie</i>	
9:30 am Arthritis Exercise Class Levinson B <i>Marsha</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® Circuit LEVINSON B <i>Connie</i>	10:00 am SilverSneakers® Yoga LEVINSON B <i>Karen</i>
10:15 am SilverSneakers® Circuit LEVINSON B <i>Marsha</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>Karen</i>
11:15 am SilverSneakers® Yoga LEVINSON B <i>Marsha</i>	11:00 am SilverSneakers® Yoga LEVINSON B <i>Jamie</i>	1 pm Advanced Tai Chi KDS <i>Hesheng</i> <div style="background-color: black; color: white; padding: 2px; display: inline-block;">REGISTRATION REQUIRED</div>	Noon SilverSneakers® Yoga LEVINSON B <i>Jamie</i>	Noon Arthritis Aquatic Class SMALL POOL <i>Instructor</i> 
Noon Arthritis Aquatic Class SMALL POOL 	11:45 am Walk 15® KDS <i>Karen</i>	1:45 pm Tai Chi Beginner Class KDS <i>Hesheng</i> <div style="background-color: black; color: white; padding: 2px; display: inline-block;">REGISTRATION REQUIRED</div>	1:00 pm SilverSneakers® Classic LEVINSON B <i>Marsha</i>	
	1:00 pm SilverSneakers® Classic LEVINSON B <i>Karen</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 Walk 15® 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.

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.

Inner Balance

LEVINSON HALL

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

\$1; no fee for Centerfit Platinum members

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.

New! Walk 15®

This is a group exercise class for all ages and all fitness levels. Taking the best features from low impact, aerobic group exercise, Walk 15® is easy to follow, with walking-based moves. After you have completed a 45-minute class, you will have walked 3 miles. Lively music keeps you moving at a fat-burning pace and inspires you to get through the toughest part of the workout. If you are walking to the beat, then you are burning big calories!

\$1; no fee for Centerfit Platinum members

T'ai Chi Beginner Class

Strengthen muscles, improve balance and promote relaxation with traditional Chinese exercise.

JCC and AgeWell members only

Registration required

Limited to 25 participants

Advanced T'ai Chi for all ages

Chen style T'ai Chi alternates slow-motion movements with short, fast, explosive ones. There is much emphasis on internal power and spiral force. Some movements involve jumping in the air, kicking and punching similar to martial arts. Chen style is more demanding physically and usually executed with a lower stance. In the class, you train with traditional Chen style basic drills, hand forms and weapon forms. Instructor Hesheng Bao, PhD, founder and director of Win-Win Kung Fu Culture Center, has been practicing and teaching different styles of authentic traditional Tai Chi for many years.

\$30/members; \$35/community

Registration required

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.