

**MONDAY**

**8 am**  
Group Power  
Elaine

**10 am**  
TRX\*  
Sylvia

**5 pm**  
Absolute Abs  
Soad

**\* = \$10 per class**

**TUESDAY**

**9 am**  
Group Active  
Elaine

**5:30 pm**  
Group Centergy  
Laura

**WEDNESDAY**

**8 am**  
Group Power  
Elaine

**10 am**  
Step  
Soad

**5 pm**  
Absolute Abs  
Soad

**THURSDAY**

**7:45 am**  
Mobility/Stretch  
Steve

**9 am**  
Group Active  
Elaine

**10 am**  
TRX\*  
Sylvia

**5:30 pm**  
Group Power  
Patti

**FRIDAY**

**SATURDAY**

**9 am**  
Group Power  
Jenny/Kris

**OUTDOORS!**  
Sundays • 9 am  
July 10: DEKA Fire  
July 17: Spartan Strong  
July 24: DEKA Fire  
July 31: Animal Flow

JCC South Hills Older Adult Group Exercise Classes

**8 am**  
SilverSneakers Circuit  
Joanne

**9:45 am**  
Balance  
Elaine

**10:15 am**  
SilverSneakers Classic  
Elaine

**11:15 am**  
SilverSneakers Yoga  
Soad

**12:15 pm**  
PWR!Moves  
Steve  
\$3/class

**5 pm**  
Zumba Gold  
Bonnie

**10 am**  
SilverSneakers Circuit  
Elaine

**11 am**  
Beginner Tai Chi  
Sandy, no class (7/26)  
\$3/class

**Noon**  
Intermediate Tai Chi  
Sandy, no class (7/26)  
\$3/class

**8 am**  
SilverSneakers Circuit  
Joanne

**10 am**  
SilverSneakers Classic  
Elaine

**11 am**  
SilverSneakers Circuit  
Joanne

**12:15 pm**  
Balance/Posture  
Steve

**5 pm**  
Zumba Gold  
Bonnie

**8 am**  
SilverSneakers Circuit  
Joanne

**9 am**  
SilverSneakers Circuit  
Joanne



# Class Descriptions

## GROUP EX CLASSES

### Absolute Abs

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!

### Mobility/Strength

Body weight exercises, light weights and functional movement patterns to train for improvements in everyday, real life activities.

### 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.

### 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 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.

### Step

High intensity cardio class using the step bench.

### TRX

Build functional strength and improve flexibility, balance and core stability all at once using body weight suspension training.

## OLDER ADULT EXERCISE CLASSES

### 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.

### Tai Chi

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

\$3/class/member; \$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 Moves!

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

### Zumba Gold®

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

### Balance and Posture

Work on Strengthening your postural and stabilizing muscles to improve your balance in this half-hour class.

**For more information**  
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