

MONDAY

8 am
Group Power
Elaine

10 am
TRX*
Sylvia

5 pm
Absolute Abs
Soad

Sunday, June 19
9 am
Deka Fire Outdoors
with Steve

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

1:15 pm
Intermediate Adult Tap*
Kathy, (no class 6/30)

5:30 pm
Group Power
Patti

FRIDAY

SATURDAY

9 am
Group Power
Jenny/Kris

All Group Ex
classes require
reservations
through
MINDBODY

*** = \$10 per class**

JCC South Hills Older Adult Group Exercise Classes

8 am
SilverSneakers Circuit
Joanne

9:45 am
Balance
Elaine

10:15 am
SilverSneakers Classic
Kathy, (no class 6/27)

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
\$3/class

Noon
Intermediate Tai Chi
Sandy
\$3/class

8 am
SilverSneakers Circuit
Joanne

10 am
SilverSneakers Classic
Elaine

11 am
SilverSneakers Circuit
Kathy, (no class 6/29)



11 am
SilverSneakers Circuit
Kathy, (no class 6/30)

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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