

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 8 am • Circuit • Joanne	3 9 am • Circuit • Joanne
5 • Labor Day 8 am • Circuit • Joanne 9 am • Classic • Joanne	6 10 am • Circuit • Elaine 11 am • Beginner Tai Chi • Sandy* 12 pm • Intermediate Tai Chi • Sandy* 1:30 pm • Mah Jong	7 8 am • Circuit • Joanne 9 am • Classic • Elaine 10 am • Circuit • Kathy 11 am • Balance • Elaine	8 9 am • Circuit • Kathy 10 am • Classic • Kathy 12:15 pm • PWR!Moves • Steve* 1:30 pm • Intermediate Tap** 5 pm • Zumba Gold • Bonnie	9 Staff Care Day JCC Closed	10
12 8 am • Circuit • Joanne 9 am • Classic • Kathy 11:15 am • Yoga • Soad 12:15 pm • PWR!Moves • Steve* 5 pm • Zumba Gold • Bonnie	13 10 am • Circuit • Elaine 11 am • Beginner Tai Chi • Sandy* 12 pm • Intermediate Tai Chi • Sandy* 1:30 pm • Mah Jong	14 8 am • Circuit • Joanne 9 am • Classic • Elaine 10 am • Circuit • Kathy 11 am • Balance • Elaine	15 9 am • Circuit • Kathy 10 am • Classic • Kathy 12:15 pm • PWR!Moves • Steve* 1:30 pm • Intermediate Tap** 5 pm • Zumba Gold • Bonnie	16 8 am • Circuit • Joanne 9 am • Classic • Kathy 11 am • Yoga • Kathy 1 pm • Show Tunes • Kathy**	17 9 am • Circuit • Joanne
19 8 am • Circuit • Joanne 9 am • Classic • Kathy 11:15 am • Yoga • Soad 12:15 pm • PWR!Moves • Steve* 12:15 pm • Theater Club 5 pm • Zumba Gold • Bonnie	20 10 am • Circuit • Elaine 11 am • Beginner Tai Chi • Sandy* 12 pm • Intermediate Tai Chi • Sandy* 1:30 pm • Book Club 1:30 pm • Mah Jong	21 8 am • Circuit • Joanne 9 am • Classic • Elaine 10 am • Circuit • Kathy 11 am • Balance • Elaine	22 9 am • Circuit • Kathy 10 am • Classic • Kathy 12:15 pm • PWR!Moves 12 pm • Garden Club 1:30 pm • Intermediate Tap** 5 pm • Zumba Gold • Bonnie	23 8 am • Circuit • Joanne 9 am • Classic • Kathy 11 am • Yoga • Kathy 1 pm • Show Tunes • Kathy**	24 9 am • Circuit • Joanne
26 Rosh Hashanah JCC Closed	27 Rosh Hashanah JCC Closed	28 8 am • Circuit • Joanne 9 am • Classic • Elaine 10 am • Circuit • Kathy 11 am • Balance • Elaine	29 9 am • Circuit • Kathy 10 am • Classic • Kathy 12:15 pm • PWR!Moves • Steve* 1:30 pm • Intermediate Tap** 5 pm • Zumba Gold • Bonnie	30 8 am • Circuit • Joanne 9 am • Classic • Kathy 11 am • Yoga • Kathy 1 pm • Show Tunes • Kathy**	<div style="background-color: #e91e63; color: white; padding: 10px; text-align: center;"> <p>Special Event! Let's Get Cooking Class September 22 5 pm \$40</p> </div>

*\$3/class members; \$5/class community
 ** \$10/class members only
 *** \$40/session (October 7-December 2)

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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