

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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You must be registered with SilverSneakers to attend

Classes are in Levinson B. Bring your own water bottle

10 am
Circuit

11am
Yoga

1 pm
Classic/Balance

9 am
Yoga

10 am
Circuit

11 am
Yoga

1pm
Classic/Balance

1 pm
Arthritis
(virtual only)

10 am
Circuit

11 am
Yoga

Classes are physically distanced and limited to 20 participants

All classes can be accessed virtually by going to jccpgh.org/jccpghvirtual-beyond-our-walls/



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.

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.

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.

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.