

SilverSneakers® Class Schedule

MONDAY

9:30 am
Boom Move

10:30 am
Classic

TUESDAY

9:30 am
Circuit (H)

11 am
Yoga (H)

1pm
Classic/
Balance

WEDNESDAY

9 am
Boom Muscle

10 am
Circuit

11 am
Balance/
Arthritis (H)

THURSDAY

9:15 am
Circuit (H)

10:15 am
Yoga (H)

1 pm
Classic/
Balance

FRIDAY

8:30 am
Boom (H)

9:30 am
Circuit (H)

10:30 am
Yoga (H)

H (Hybrid)
Class is in
person and
online

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.

Boom, Muscle and Move

This is a 30-45 minute beginning to intermediate class with weights provided, that improves strength, endurance and balance.

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.