

JCC South Hills Group Exercise Classes

December 2021

MONDAY

8 am

Group Power

Elaine

10 am

TRX

Sylvia

\$10/class

TUESDAY

9 am

Group Active

Elaine

WEDNESDAY

7 am

Mobility/Strength

Steve

No class 12/15

8 am

Group Power

Elaine

10 am

Step

Soad

5 pm

Absolute Abs

Soad

THURSDAY

9 am

Group Active

Elaine

No class 12/23

10 am

TRX

Sylvia

\$10/class

1:15 pm

Intermediate Adult Tap

Kathy

\$10/class

No class 12/23 and
12/30

FRIDAY

8:15 am

Group Centergy

Laura

No class 12/24

SATURDAY

11 am

Boot Camp

Medardo

No class 12/25

All classes require
reservations
through
MINDBODY

JCC South Hills Older Adult Group Exercise Classes

December 2021

8 am

SilverSneakers Circuit

Joanne

10-10:30 am

Balance

Elaine

11:15 am

SilverSneakers Yoga

Soad

1 pm

PWR! Moves

Steve

\$5/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 12/22 and
12/29

11 am

SilverSneakers Circuit

Kathy

No class 12/23 and
12/30

1 pm

Balance and Posture

Steve

No class 12/2 and 12/16

5 pm

Zumba Gold

Bonnie

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

Elaine Cappucci

412-446-4773

ecappucci@jccpgh.org