

MEMBER APPRECIATION WEEK



JANUARY 21-27



FREE CLASSES • DEMOS • ACTIVITIES • OFFERS

SUN., JANUARY

21

10:30 am Parachute Party
11 am-1 pm Ask a Trainer
2-3 pm Pool Party
3-4 pm Teen Deck Time

SWIMBIKERUN JCCPGH AGES 8+
Indoor Triathlon
Sunday, January 21 • Noon

MON., JANUARY

22

10 am Ask a Trainer
2-4 pm Coffee with a 10.27
Healing Partnership
Counselor***



TUES., JANUARY

23

10 am-12 pm Coffee with a 10.27
Healing Partnership
Counselor***
3 pm Ask a Trainer

WED., JANUARY

24

8 am Group Centergy Launch
9 am Group Blast Launch
1 pm Ask a Trainer
2-4 pm Coffee with a 10.27
Healing Partnership
Counselor***

THURS., JANUARY

25

10 am-12 pm Coffee with a 10.27
Healing Partnership
Counselor***
11 am Ask a Trainer

ALL WEEK SPECIALS



- Free Classes for All
- Bring a Friend for Free*
- Have a friend sign up and your name will be entered into a raffle to win 2 Big Night Tickets!
- Sign Up for Centerfit Platinum, get 1 month FREE (18+)
- 6 Personal Training Sessions • \$215
- 6 Private Swim Lessons • \$175
- Snacks
- Pop-Up Chair Massages
- ECDC Drop in Scavenger Hunt
- Giveaways and Raffles

FRI., JANUARY

26

2-4 pm Coffee with a 10.27
Healing Partnership
Counselor***



FREE CLASSES

CHECK OUR FULL GROUP EX CLASSES SCHEDULE ON THE BACK OF THE PAGE!

RAFFLES

Every day you come to the facility, you will receive 1 raffle ticket that can be entered to win any of the raffles below (limit 7 per member)

- Free month of General Membership
- Free Month of Platinum Membership
- 30-minute Private Swim Lesson with cap & goggles
- 30-minute Stretch & Recovery Session
- Free Styku Demo
- 30-Minute Massage
- J&R Swag Bag
- EKC Swag Bag
- Agewell Gift Bag
- Private Fitness Party of your choice
- Free 4-hour Rental in Levinson B
- Free 4-hour Rental at Family Park Lodge or Pavilion
- 50% off Pool Party at Family Park

*Must be with a member

***Stop in the 10.27 Healing Partnership to talk with our therapist about resources for healing therapies in the area

MORE INFO:



Follow us to stay in the know!



Membership updates
facebook.com/jccpittsburgh

Fitness
JCC Pittsburgh Fitness Group



Membership updates
@jccpgh
Fitness

@jccpghfitness



More info: kvissichelli@jccpgh.org

MEMBER APPRECIATION WEEK



JANUARY 21-27



FREE CLASSES

21

SUN., JAN.

8:15 am	Group Power	KDS
9 am	On Your Mark HIIT**	Weight Room
9:30 am	Group Fight	KDS
9:30 am	Spinning**	Spin Studio
10:30 am	Yoga	KDS
10:30 am	Parachute Party	Kaufmann Gym
11 am-1 pm	Ask a Trainer	Fitness Center
2-3 pm	Pool Party	Small Pool
3-4 pm	Teen Deck Time	Fitness Center

SWIMBIKERUN JCCPGH AGES 6+
Indoor Triathlon
 Sunday, January 21 • Noon

24

WED., JAN.

6 am	Boot Camp	Kaufmann Gym
6:15 am	Spinning**	Spin Studio
6:15 am	Group Fight	KDS
8 am	Group Centergy	KDS
8:30 am	Yoga Stretch**	Recovery Room
9 am	Group Blast	KDS
9 am	Aqua Fit	Large Pool
9:15 am	Boom, Muscle & Move	Levinson B
9:15 am	Spin 30**	Spin Studio
10 am	Active Recovery**	Recovery Room
10:15 am	Group Active	KDS
1 pm	Ask a Trainer	Fitness Center
2-4 pm	Coffee w/a Counselor***	10.27 H. P.
5 pm	Yoga**	Recovery Room
5:30 pm	Group Core	KDS
6 pm	Group Fight	KDS

22

MON., JAN.

6 am	Boot Camp	Kaufmann Gym
6:15 am	Group Blast	KDS
6:15 am	Spinning**	Spin Studio
8 am	Group Centergy	KDS
8 am	On Your Mark HIIT**	Weight Room
9 am	Pilates**	Recovery Room
9 am	Aqua Fit	Large Pool
9:15 am	Group Active	KDS
9:15 am	Spin 30**	Spin Studio
10 am	Ask a Trainer	Fitness Center
2-4 pm	Coffee w/a Counselor***	10.27 H. P.
4 pm	On Your Mark HIIT**	Weight Room
5 pm	Zumba	KDS
6 pm	Group Fight	KDS
6 pm	Spinning**	Spin Studio

25

THURS., JAN.

6:15 am	Group Power	KDS
6:30 am	On Your Mark HIIT**	Weight Room
7:30 am	Group Core	KDS
8 am	Group Power	KDS
8:30 am	Stretch and Roll**	Recovery Room
9 am	Group Power	KDS
9 am	On Your Mark HIIT**	Weight Room
9 am	Aqua Chi	Small Pool
9:30 am	Spinning**	Spin Studio
10:45 am	Pilates**	Recovery Room
10 am-12 pm	Coffee w/a Counselor***	10.27 H. P.
11 am	Ask a Trainer	Fitness Center
5:15 pm	Group Power	KDS
6:15 pm	Group Centergy	KDS
6:15 pm	Spinning**	Spin Studio

23

TUES., JAN.

6:15 am	Group Power	KDS
7:30 am	Group Core	KDS
8 am	Group Power	KDS
8:30 am	On Your Mark HIIT**	Weight Room
8:30 am	Pilates**	Recovery Room
9 am	Group Power	KDS
9 am	Aqua Flow	Small Pool
9:30 am	Spinning**	Spin Studio
10 am-12 pm	Coffee w/a Counselor***	10.27 H. P.
3 pm	Ask a Trainer	Fitness Center
5 pm	Group Power	KDS
6 pm	Group Centergy	KDS
6 pm	On Your Mark HIIT**	Weight Room
6:15 pm	Yoga	Levinson Hall

26

FRI., JAN.

6:15 am	Spinning**	Spin Studio
6:15 am	Group Fight	KDS
7:15 am	Blast 30	KDS
7:30 am	Spinning**	Spin Studio
8 am	Group Centergy	KDS
8:30 am	On Your Mark HIIT**	Weight Room
8:45 am	Boom, Muscle & Move	Levinson B
9 am	Aqua Fit	Large Pool
9:15 am	Group Active	KDS
9:15 am	Yoga	RDS
2 pm	Ask a Trainer	Fitness Center
2-4 pm	Coffee w/a Counselor***	10.27 H. P.

SATURDAY, JANUARY

27

8:45 am	Group Blast	KDS
10 am	Group Centergy	KDS
11 am	Group Active	KDS



**Registration is required, please register at the Membership Office

*** Stop in the 10.27 Healing Partnership to talk with our therapist about resources for healing therapies in the area

