

# DEKA CLASS SCHEDULE

NOVEMBER 6 2022 - JANUARY 31 2023

Register for classes on [MINDBODY](#)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>6 am</b> DEKA FORGE Steve <b>FORGE</b>	<b>6 am</b> DEKA BURN Steve <b>BURN</b>	<b>6 am</b> DEKA BURN Steve <b>BURN</b>	<b>6 am</b> DEKA GRIT Steve <b>GRIT</b>		
	<b>7 am</b> DEKA FORGE Steve <b>FORGE</b>	<b>7 am</b> DEKA BURN Steve <b>BURN</b>	<b>7 am</b> DEKA BURN Steve <b>BURN</b>	<b>7 am</b> DEKA GRIT Steve <b>GRIT</b>		
<b>10 am</b> DEKA FORGE Steve <b>FORGE</b>	<b>8 am</b> DEKA FORGE Steve <b>FORGE</b>	<b>8 am</b> DEKA BURN Steve <b>BURN</b>	<b>8 am</b> DEKA BURN Steve <b>BURN</b>	<b>8 am</b> DEKA GRIT Steve <b>GRIT</b>	<b>8 am</b> DEKA GRIT Janelle <b>GRIT</b>	<b>10 am</b> DEKA GRIT Janelle <b>GRIT</b>
<b>12 pm</b> DEKA FORGE Steve <b>FORGE</b>	<b>10 am</b> 55+ DEKA FORGE Steve <b>FORGE</b>	<b>10 am</b> 55+ DEKA BURN Steve <b>BURN</b>	<b>10 am</b> 55+ DEKA BURN Steve <b>BURN</b>		<b>10 am</b> 55+ DEKA GRIT Janelle <b>GRIT</b>	<b>12 pm</b> DEKA GRIT Janelle <b>GRIT</b>
	<b>2 pm</b> 55+ DEKA FORGE Medardo <b>FORGE</b>	<b>2 pm</b> 55+ DEKA BURN Medardo <b>BURN</b>	<b>2 pm</b> 55+ DEKA BURN Janelle <b>BURN</b>	<b>2 pm</b> 55+ DEKA GRIT Medardo <b>GRIT</b>	<b>12 pm</b> 55+ DEKA GRIT Janelle <b>GRIT</b>	
	<b>5:30 pm</b> DEKA FORGE Medardo <b>FORGE</b>	<b>5:30 pm</b> DEKA BURN Janelle <b>BURN</b>	<b>5:30 pm</b> DEKA BURN Janelle <b>BURN</b>	<b>5:30 pm</b> DEKA GRIT Janelle <b>GRIT</b>		
	<b>7 pm</b> DEKA FORGE Medardo <b>FORGE</b>		<b>7 pm</b> DEKA BURN Janelle <b>BURN</b>	<b>7 pm</b> DEKA GRIT Janelle <b>GRIT</b>		



Register in Advance Through MindBody.

DEKA Cardio Workout of the Day will be posted each morning for members who want to complete a workout outside of class time. The On Your Mark/ Deka loft area will be open to members for WOD during non-class times.

The On Your Mark Loft area will be open during DEKA classes, but with limited space for individual member workouts.

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**DEKA** Prepare yourself for your next obstacle course race and/or your next DEKA Fit/Strong/Mile competition.

**55+ DEKA** Specially designed to bring all the DEKA workout benefits to people 55 and over. Build strength, mobility, self-confidence and improve your health and wellness while becoming part of the DEKA community.

**DEKA FAMILY** Designed for those ages 10+ and their parents to help develop a life-long love of fitness. It can be a sport on its own, or it can be the perfect strength and conditioning program for young athletes and their families playing any sport. Competitive periodic testing is also available.

**The DEKA Training System** consists of weekly workouts in three different formats to cover the three pillars of fitness. Each classes uses 10 zones of strength and cardio stations, but with different work/rest intervals. Doing each format each week help you train with a purpose.

**DEKA Forge (Strength and Power):** A Forge class is where you will build lean muscle. This circuit is 30 seconds work/30 seconds rest.

**DEKA Burn (Anaerobic Conditioning):** This is your time to sweat and burn calories. The Burn circuit is 60 seconds work/30 seconds rest.

**DEKA Grit- (Endurance/Stamina):** Build Grit and train to go longer, farther, and faster. The Grit circuit is 90 seconds work/30 seconds rest.

## For more information contact

Steve Manns, [smanns@jccpgh.org](mailto:smanns@jccpgh.org), 412-278-1075

