

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 am Yoga Kenn	8 am Group Power Elaine	9 am Group Active Elaine	6 am DEKA BURN Rachael	6 am DEKA GRIT Rachael	8 am Group Power Jenny/Kris	9 am Group Power Jenny/Kris
10 am DEKA FORGE Medardo <i>(no class in June)</i>	10 am DEKA FORGE Medardo	12 pm Gentle Yoga Dionne	7 am DEKA BURN Rachael	7 am DEKA GRIT Rachael		10 am DEKA GRIT Medardo
	2 pm 55+ DEKA FORGE Medardo	2 pm 55+ DEKA BURN Medardo	8 am Group Power Elaine	9 am Group Active Elaine		12 pm DEKA GRIT Medardo
	5 pm Core Conditioning Soad	5:30 pm DEKA BURN Medardo	10 am Cardio HIIT Soad	10 am Group Centergy Patti S. <i>(no class on June 15)</i>		
	5 pm Zumba Gold Bonnie	5:30 pm Group Centergy Laura	5 pm Core Conditioning Soad	2 pm 55+ DEKA GRIT Medardo		
	5:30 pm DEKA FORGE Medardo		5:30 pm DEKA BURN Medardo	5 pm Zumba Gold Bonnie		
			7 pm DEKA BURN Medardo	5:30 pm Group Power Patti E.		
				7 pm DEKA GRIT Medardo		



JCC PGH
DEKA AFFILIATE



Please note: This schedule may change due to staff availability.

For the most up-to-date information, please check MINDBODY daily.

DEKA classes require Fitness Plus or DEKA Plus membership.

Class Descriptions

GROUP EX CLASSES

Cardio HIIT

Cardio Hiit is a high-intensity interval training (HiIT) workout that uses a step, dynamic bodyweight exercises and light weights to improve power and increase strength and cardio endurance.

Core Conditioning

This low-impact class will help you strengthen your core muscles and improve your posture and movement using a variety of equipment and your own bodyweight.

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.

Gentle Yoga

Appropriate for all levels and abilities, this class incorporates yoga poses and gentle stretching.

Yoga

This class is based in the Hatha Yoga style and incorporates yoga poses and flow.

* TRX

Build functional strength and improve flexibility, balance and core stability all at once using body weight suspension training.

*\$10 per class or free with Fitness Plus

For more information contact Elaine Cappucci, ecappucci@jccpgh.org

DEKA CLASSES

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.

FORGE

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

BURN

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

GRIT

For more information contact

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Register in Advance Through MindBody.

