

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1
9 am • Circuit • Joanne

2
9 am • Classic • Elaine

3
10 am • Circuit • Elaine
11 am • Beginner Tai Chi • Sandy*
12 pm • Intermediate Tai Chi • Sandy*
1:00 pm • Beginner Mah Jong

4
8 am • Circuit • Kathy
10 am • Circuit • Kathy
11 am • Classic • Elaine

5
10 am • Classic • Joan
11 am • Circuit • Kathy
12:15 pm • PWR!Moves • Steve*
5 pm • Zumba Gold • Bonnie

6
10 am • Classic • Kathy
11 am • Yoga • Kathy

7
9 am • Circuit • Joanne

*\$3/class members; \$5/class community
** \$10/class members only
*** \$40/session (January 20- March 10)

8
9 am • Circuit • Joan

9
8 am • Circuit • Kathy
9 am • Classic • Kathy
10 am • Balance • Elaine
11:15 am • Yoga • Soad
5 pm • Zumba Gold • Bonnie

10
10 am • Circuit • Elaine
11 am • Beginner Tai Chi • Sandy*
12 pm • Intermediate Tai Chi • Sandy*
1:00 pm • Mah Jong

11
8 am • Circuit • Kathy
10 am • Circuit • Kathy
11 am • Classic • Elaine

12
10 am • Classic • Joan
11 am • Circuit • Kathy
12:15 pm • PWR!Moves • Steve*
1:30 pm • Intermediate Tap**
5 pm • Zumba Gold • Bonnie

13
10 am • Classic • Kathy
11 am • Yoga • Kathy

14
9 am • Circuit • Joanne

15
9 am • Circuit • Joan

16
8 am • Circuit • Kathy
9 am • Classic • Kathy
10 am • Balance • Elaine
11:15 am • Yoga • Soad
12:15 pm • Theater Club
5 pm • Zumba Gold • Bonnie

17
10 am • Circuit • Elaine
11 am • Beginner Tai Chi • Sandy*
12 pm • Intermediate Tai Chi • Sandy*
1:00 pm • Mah Jong
1:30 pm • Book Club

18
8 am • Circuit • Kathy
10 am • Circuit • Kathy
11 am • Classic • Elaine
12:30 pm • Intergenerational Dynamics Discussion

19
10 am • Classic • Joan
11 am • Circuit • Kathy
12:15 pm • PWR!Moves • Steve*
1:30 pm • Intermediate Tap**
5 pm • Zumba Gold • Bonnie

20
10 am • Classic • Kathy
11 am • Yoga • Kathy
1 pm • Show Tunes • Kathy***

21
9 am • Circuit • Joanne

22
9 am • Circuit • Joan

23
8 am • Circuit • Kathy
9 am • Classic • Kathy
10 am • Balance • Elaine
11:15 am • Yoga • Soad
5 pm • Zumba Gold • Bonnie

24
10 am • Circuit • Elaine
11 am • Beginner Tai Chi • Sandy*
12 pm • Intermediate Tai Chi • Sandy*
1:00 pm • Mah Jong

25
8 am • Circuit • Kathy
10 am • Circuit • Kathy
11 am • Classic • Elaine

26
11 am • Circuit • Kathy
12:00 pm • Garden Club
12:15 pm • PWR!Moves • Steve*
1:30 pm • Intermediate Tap**

27
10 am • Classic • Kathy
11 am • Yoga • Kathy
1 pm • Show Tunes • Kathy***

28
9 am • Circuit • Joanne

29
9 am • Circuit • Joan

30
8 am • Circuit • Kathy
9 am • Classic • Kathy
10 am • Balance • Elaine
11:15 am • Yoga • Soad
5 pm • Zumba Gold • Bonnie

31
10 am • Circuit • Elaine
11 am • Beginner Tai Chi • Sandy*
12 pm • Intermediate Tai Chi • Sandy*
1:00 pm • Mah Jong

Mah Jong learn to play on January 11 from 12:15 to 2:15 pm

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
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