

SUNDAY

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

5
 9 am • Circuit • Joan

12
 9 am • Circuit • Joan

19
 9 am • Circuit • Joan

26
 9 am • Circuit • Joan

6
 8 am • Circuit • Kathy
 9 am • Classic • Kathy
 10 am • Balance • Elaine
 11:15 am • Yoga • Soad
 5 pm • Zumba Gold • Bonnie

13
 8 am • Circuit • Kathy
 9 am • Classic • Kathy
 10 am • Balance • Elaine
 11:15 am • Yoga • Soad
 5 pm • Zumba Gold • Bonnie

20
 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

27
 8 am • Circuit • Kathy
 9 am • Classic • Kathy
 10 am • Balance • Elaine
 11:15 am • Yoga • Soad
 5 pm • Zumba Gold • Bonnie

7
 10 am • Circuit • Elaine
 10 am • Beginner Tai Chi • Sandy*
 11 am • Advanced Tai Chi • Sandy*
 11 am • Classic • Joan
 1:00 pm • Beginner Mah Jong

14
 10 am • Circuit • Elaine
 10 am • Beginner Tai Chi • Sandy*
 11 am • Advanced Tai Chi • Sandy*
 11 am • Classic • Joan
 1:00 pm • Mah Jong

21
 10 am • Circuit • Elaine
 10 am • Beginner Tai Chi • Sandy*
 11 am • Advanced Tai Chi • Sandy*
 11 am • Classic • Joan
 1:00 pm • Mah Jong
 1:30 pm • Book Club

28
 10 am • Circuit • Elaine
 10 am • Beginner Tai Chi • Sandy*
 11 am • Advanced Tai Chi • Sandy*
 11 am • Classic • Joan
 1:00 pm • Mah Jong

1
 8 am • Circuit • Kathy
 10 am • Circuit • Kathy
 11 am • Classic • Elaine
 1:30 pm • Beginner Tap • Kathy**

8
 8 am • Circuit • Kathy
 10 am • Circuit • Kathy
 11 am • Classic • Elaine
 1:30 pm • Beginner Tap • Kathy**

15
 8 am • Circuit • Kathy
 10 am • Circuit • Kathy
 11 am • Classic • Elaine
 1:30 pm • Beginner Tap • Kathy**

22
 8 am • Circuit • Kathy
 10 am • Circuit • Kathy
 11 am • Classic • Elaine
 12:30 pm • Intergenerational Dynamics Discussion Group
 1:30 pm • Beginner Tap • Kathy**

2
 10 am • Classic • Joan
 11 am • Circuit • Kathy
 12:15 pm • PWR!Moves • Steve*
 1 pm • Show Tunes • Kathy
 1:30 pm • Intermediate Tap**
 5 pm • Zumba Gold • Bonnie

9
 10 am • Classic • Joan
 11 am • Circuit • Kathy
 12:15 pm • PWR!Moves • Steve*
 1:30 pm • Intermediate Tap**
 5 pm • Zumba Gold • Bonnie

16
 10 am • Classic • Joan
 11 am • Circuit • Kathy
 12:15 pm • PWR!Moves • Steve*
 1:30 pm • Intermediate Tap**
 5 pm • Zumba Gold • Bonnie

23
 11 am • Circuit • Kathy
 12:00 pm • Garden Club
 12:15 pm • PWR!Moves • Steve*
 1:30 pm • Intermediate Tap**

3
 10 am • Classic • Kathy
 11 am • Yoga • Kathy
 1 pm • Show Tunes • Kathy
 1:30 pm • Intermediate Tap**

10
 10 am • Classic • Kathy
 11 am • Yoga • Kathy
 1 pm • Show Tunes • Kathy
 1:30 pm • Intermediate Tap**

17
 10 am • Classic • Kathy
 11 am • Yoga • Kathy
 1 pm • Show Tunes • Kathy***

24
 10 am • Classic • Kathy
 11 am • Yoga • Kathy
 1 pm • Show Tunes • Kathy***

4
 9 am • Circuit • Joanne

11
 9 am • Circuit • Joanne

18
 9 am • Circuit • Joanne

25
 9 am • Circuit • Joanne

Tai Chi
 New Times:
 10 am & 11 am

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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