

DEKA CLASS SCHEDULE

MARCH 2023

Register for classes on [MINDBODY](#)



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



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

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