

## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

\*\$3/class members; \$5/class community  
 \*\* \$10/class members only  
 \*\*\* \$40/session (January 20- March 24)

**5**  
 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

**12**  
 9 am • Circuit • Joan

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

**19**  
 9 am • Circuit • Joan

**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

**26**  
 9 am • Circuit • Joan

**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  
 12:30 pm • Intergenerational Dynamics Discussion Group  
 1:30 pm • Beginner Tap • Kathy\*\*

**22**  
 8 am • Circuit • Kathy  
 10 am • Circuit • Kathy  
 11 am • Classic • Elaine  
 1:30 pm • Beginner Tap • Kathy\*\*

**29**  
 8 am • Circuit • Kathy  
 10 am • Circuit • Kathy  
 11 am • Classic • Elaine  
 1:30 pm • Beginner Tap • Kathy\*\*

**2**  
 10 am • Classic • Joan  
 11 am • Circuit • Kathy  
 1:30 pm • Intermediate Tap\*\*  
 5 pm • Zumba Gold • Bonnie

**9**  
 10 am • Classic • Joan  
 11 am • Circuit • Kathy  
 12:15 pm • Balance Elaine  
 1:30 pm • Intermediate Tap\*\*  
 5 pm • Zumba Gold • Bonnie

**16**  
 10 am • Classic • Joan  
 11 am • Circuit • Kathy  
 12:15 pm • Balance Elaine  
 1:30 pm • Intermediate Tap\*\*  
 5 pm • Zumba Gold • Bonnie

**23**  
 10 am • Classic • Joan  
 11 am • Circuit • Kathy  
 12:00 pm • Garden Club  
 12:15 pm • PWR!Moves • Steve\*  
 1:30 pm • Intermediate Tap\*\*  
 5 pm • Zumba Gold • Bonnie

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

**3**  
 10 am • Classic • Kathy  
 11 am • Yoga • Kathy  
 1 pm • Show Tunes • Kathy\*\*\*

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

**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\*\*\*

**31**  
 10 am • Classic • Kathy  
 11 am • Yoga • Kathy

**4**  
 9 am • Circuit • Joanne

**11**  
 9 am • Circuit • Joanne

**18**  
 9 am • Circuit • Joanne

**25**  
 9 am • Circuit • Joanne

Home Meds Screenings  
 March 28 - 30  
 10 am - 2 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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