

## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

\*\$3/class members; \$5/class community

\*\* \$10/class members only

**2**  
9 am • Circuit • Joan

**9**  
No Class

**16**  
9 am • Circuit • Joan

**23**  
9 am • Circuit • Joan

**30**

**3**  
8 am • Circuit • Kathy  
9 am • Classic • Kathy  
10 am • Balance • Elaine  
11:15 am • Yoga • Soad  
5 pm • Zumba Gold • Bonnie

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

**17**  
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

**24**  
8 am • Circuit • Kathy  
9 am • Classic • Kathy  
10 am • Balance • Elaine  
11:15 am • Yoga • Soad  
5 pm • Zumba Gold • Bonnie

**4**  
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

**11**  
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

**18**  
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

**25**  
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

**5**  
8 am • Circuit • Kathy  
10 am • Circuit • Kathy  
11 am • Classic • Elaine  
1:30 pm • Beginner Tap • Kathy\*\*

**12**  
JCC Closed for Passover

**19**  
8 am • Circuit • Kathy  
10 am • Circuit • Kathy  
11 am • Classic • Elaine  
1:30 pm • Beginner Tap • Kathy\*\*

**26**  
8 am • Circuit • Kathy  
10 am • Circuit • Kathy  
11 am • Classic • Elaine  
12:30 pm • Intergenerational Dynamics Club  
1:30 pm • Beginner Tap • Kathy\*\*

**6**  
JCC Closed for Passover

**13**  
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 • Joan  
11 am • Circuit • Kathy  
12:15 pm • PWR! Moves • Steve\*  
1:30 pm • Intermediate Tap\*\*  
5 pm • Zumba Gold • Bonnie

**27**  
10 am • Classic • Joan  
11 am • Circuit • Kathy  
12 pm • Garden Club  
12:15 pm • PWR! Moves • Steve\*  
1:30 pm • Intermediate Tap\*\*  
5 pm • Zumba Gold • Bonnie

**7**  
10 am • Classic • Kathy  
11 am • Yoga • Kathy

**14**  
10 am • Classic • Kathy  
11 am • Yoga • Kathy

**21**  
10 am • Classic • Kathy  
11 am • Yoga • Kathy

**28**  
10 am • Classic • Kathy  
11 am • Yoga • Kathy

**1**  
9 am • Circuit • Joanne

**8**  
9 am • Circuit • Joanne

**15**  
9 am • Circuit • Joanne

**22**  
9 am • Circuit • Joanne

**29**  
9 am • Circuit • Joanne

## 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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