

SUNDAY

*\$3/class members; \$5/
class community
** \$10/class members
only
*** \$20/4 week session

7

9 am • Circuit • Joan
(Dance Studio)

14

9 am • Circuit • Joan

21

9 am • Circuit • Joan

28

9 am • Circuit • Joan

MONDAY

1

8 am • Circuit • Kathy
9 am • Classic • Kathy
10 am • Balance • Elaine
11:15 am • Yoga • Soad

8

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

15

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

22

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

29

No classes,
Memorial Day

TUESDAY

2

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

9

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

16

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

23

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

30

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

WEDNESDAY

3

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

10

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

17

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

24

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

31

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

THURSDAY

4

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

11

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

18

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

25

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

FRIDAY

5

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

12

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

19

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

26

JCC Closed for
Shavuot

SATURDAY

6

9 am • Circuit • Joanne

13

9 am • Circuit • Joanne

20

9 am • Circuit • Joanne

27

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.

UPCOMING MEETINGS

Bereavement Group Meeting
Wednesday, May 3 · 11 am

Medicare 101 Talk
Thursday, May 4 · 1 pm

Interest Session: Summer Art Class
Tuesday, May 23 · 11 am

For more information
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