

JCC South Hills Group Exercise and DEKA Class Schedule

July, 2023

SUNDAY

9 am
DEKA FORGE
Blake

10 am
Yoga
Kenn
(no class on July 3 or 10)

MONDAY

8 am
Group Power
Elaine

10 am
DEKA FORGE
Medardo

2 pm
55+ DEKA FORGE
Medardo

5 pm
Core Conditioning
Soad

5 pm
Zumba Gold
Bonnie

5:30 pm
DEKA FORGE
Medardo

7 pm
DEKA FORGE
Blake

TUESDAY

6 am
DEKA BURN
Tre

8 am
Gentle Yoga
Dionne

9 am
Group Active
Elaine

2 pm
55+ DEKA BURN
Blake

5:30 pm
DEKA BURN
Blake

5:30 pm
Group Centergy
Laura

7 pm
DEKA BURN
Blake

WEDNESDAY

7 am
DEKA BURN
Tre

8 am
Group Power
Elaine

10 am
Cardio HIIT
Soad

5 pm
Core Conditioning
Soad

5:30 pm
DEKA BURN
Blake

7 pm
DEKA BURN
Blake

THURSDAY

6 am
DEKA GRIT
Tre

9 am
Group Active
Elaine

10 am
Group Centergy
Patti S.

2 pm
55+ DEKA GRIT
Blake

5 pm
Zumba Gold
Bonnie

5:30 pm
Group Power
Patti E.

7 pm
DEKA GRIT
Blake

FRIDAY

7 am
DEKA GRIT
Tre

8 am
Group Power
Jenny/Kris

SATURDAY

9 am
Group Power
Jenny/Kris

10 am
DEKA GRIT
Medardo

12 pm
DEKA GRIT
Tre

DEKA Strong

July 29

8 am-1 pm



July 4

JCC Open

8 am-1 pm

Gentle Yoga at 8 am



JCCPGH
DEKA AFFILIATE



Class Descriptions

GROUP EX CLASSES

Cardio HIIT

Cardio Hiit is a high-intensity interval training (HiIT) workout that uses a step, dynamic bodyweight exercises and light weights to improve power and increase strength and cardio endurance.

Core Conditioning

This low-impact class will help you strengthen your core muscles and improve your posture and movement using a variety of equipment and your own bodyweight.

Group Active

Get all the fitness you need—cardio, strength, balance and flexibility—in just one hour. With inspiring music, adjustable dumbbells and body weight exercises and simple athletic movements, this class is for everyone.

Group Centergy

A 60-minute journey that combines yoga and Pilates, enabling you to center your energy and relieve stress.

Group Power

This 60-minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. Group Power is for all ages and fitness levels.

Gentle Yoga

Appropriate for all levels and abilities, this class incorporates yoga poses and gentle stretching.

Yoga

This class is based in the Hatha Yoga style and incorporates yoga poses and flow.

* TRX

Build functional strength and improve flexibility, balance and core stability all at once using body weight suspension training.

*\$10 per class or free with Fitness Plus

For more information contact Elaine Cappucci, ecappucci@jccpgh.org

DEKA CLASSES

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.

FORGE

DEKA Burn (Anaerobic Conditioning): This is your time to sweat and burn calories. The Burn circuit is 60 seconds work/30 seconds rest.

BURN

DEKA Grit- (Endurance/Stamina): Build Grit and train to go longer, farther, and faster. The Grit circuit is 90 seconds work/30 seconds rest.

GRIT

For more information contact

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Register in Advance Through MindBody.

