

SUNDAY

8:15 am
Group Power
 KDS
 Marsha/Molly
 Live and Virtual

9 am
On Your Mark HIIT
 Weight Room
 Moya

9:30 am
Group Fight
 KDS
 Lauren

9:30 am
Spinning
 Spin Studio
 Molly/Marsha

10:30 am
Yoga
 KDS
 Moya

JCC closed on Saturday, October 7 for Simchat Torah



MONDAY

6 am
Boot Camp
 Kaufmann Gym, Bill

6:15 am
Group Blast
 KDS, Rachael

6:15 am
Spinning
 Spin Studio, Marsha

7:15-7:45 am
Fight 30
 KDS, Lauren

8 am
Group Centergy
 KDS, Laurie
 Live and Virtual

8 am
On Your Mark HIIT
 Weight Room, Jordan

9 am
NEW! Pilates
 Recovery Room, Annie

9:15 am
Group Active
 KDS, Molly
 Live and Virtual

9:15 am
Spin 30
 Spin Studio, Laurie

9:30 am
Boom, Muscle and Move
 Levinson B, Holly

TUESDAY

6:15 am
Group Power
 KDS
 Laurie

7:30 am
Group Core
 KDS
 Evan

8 am
Group Power
 KDS
 Evan

8:30 am
On Your Mark HIIT
 Weight Room
 Bill

8:30 am
Pilates
 Recovery Room
 Annie

9 am
Group Power
 KDS
 Molly
 Live and Virtual

9:30 am
Spinning
 Spin Studio
 Holly

WEDNESDAY

6 am
Boot Camp
 Kaufmann Gym
 Bill

6:15 am
Spin
 Spin Studio
 Marsha

6:15 am
Group Fight
 KDS
 Laurie

8 am
Group Centergy
 KDS
 Evan
 Live and Virtual

8:30 am
Yoga Stretch
 Recovery Room
 Marsha

9 am
Group Blast
 KDS
 Laurie

9:15 am
Boom, Muscle and Move
 Levinson B
 Holly

9:15 am
Spin 30
 Spin Studio
 Annie

10 am
Active Recovery
 Recovery Room
 Annie

10:15 am
Group Active
 KDS
 Evan

THURSDAY

6:15 am
Group Power
 KDS
 Marsha

6:30 am
HIIT
 Weight Room
 Bill

7:30 am
Group Core
 KDS
 Laurie

8 am
Group Power
 KDS
 Laurie

8:30 am
NEW! Stretch and Roll
 Recovery Room
 Annie

9 am
Group Power
 KDS
 Molly
 Live and Virtual

9 am
On Your Mark HIIT
 Weight Room
 Bill

9:30 am
Spinning
 Spin Studio
 Holly

10:45 am
Pilates
 Recovery Room
 Annie

FRIDAY

6:15 am
Spinning
 Spin Studio
 Laurie

6:15 am
Group Fight
 KDS
 Lauren/Mike

7:15 am
Blast 30
 KDS
 Rachael

7:30 am
Spinning
 Spin Studio
 Evan

8 am
Group Centergy
 KDS
 Holly
 Live and Virtual

8:30 am
On Your Mark HIIT
 KDS
 Alida

8:45 am
Boom, Muscle and Move
 Levinson B
 Marsha

9:15 am
Group Active
 KDS
 Evan

9:15 am
Yoga
 RDS
 Pamela

SATURDAY

8:30 am
On Your Mark HIIT
 KDS
 Andrew

8:45 am
Group Blast
 KDS
 Evan

10 am
Group Centergy
 KDS
 Evan

11 am
Group Active
 KDS
 Evan



Make reservations through the "JCC Pittsburgh" app

Room Key
 KDS
 Kaufmann Dance Studio
 RDS
 Robinson Dance Studio

Fees

Centerfit Platinum:
No fee

General Members:
4 classes for \$40

**Spooky
Extended Spin
90 min**

Tuesday, October 31
9:30-11 am

MONDAY

4 pm
On your Mark HIIT
KDS
Alida

5 pm
Zumba
KDS
Wendy

6 pm
Group Fight
KDS
Mike

6 pm
Spinning
Spin Studio
Molly

TUESDAY

5 pm
Group Power
KDS
Evan

6 pm
Group Centergy
KDS
Holly
Live and Virtual

6 pm
On Your Mark HIIT
Weight Room
Laura

6:15 pm
Yoga
Levinson Hall
Taya

WEDNESDAY

5:00 pm
Yoga
Recovery Room
Laura

5:30 pm
Group Core
KDS
Mike

6 pm
Group Fight
KDS
Mike

THURSDAY

5:15 pm
Group Power
KDS
Evan

6:15 pm
Group Centergy
KDS
Evan

6:15 pm
Spinning
Spinning Studio
Lauren

GROUP EX LAUNCHES!

Group Core: Tuesday, Oct. 10 • 7:30 am

Group Power: Sunday, Oct. 15 • 8:15 am

Group Fight: Sunday, Oct. 15 • 9:30 am

Group Blast: Friday, Oct. 20 • 7 am

Group Centergy: Friday, Oct. 20 • 8 am

Group Active: Monday, Oct. 30 • 9:15 am

Active Recovery is a low-intensity class that focuses on reducing muscle tightness and knots, and myofascial release. Foam rollers, lacrosse balls, yoga straps, and static and dynamic stretching are used to help you recover faster and perform better.

Boom, Muscle and Move is a 30-45 minute beginning to intermediate class, with weights provided, that improves strength, endurance and balance.

Free to members; \$2/AgeWell members

Boot Camp is a structured, high intensity workout modeled after military style training. For the exerciser who needs additional motivation and a huge calorie burn.

Group Active is a diverse one-hour workout that improves cardiovascular fitness, builds total-body strength and enhances Movement Health™ for daily life, with a wide variety of innovative and athletic exercises using dumbbells, body weight and the step.

Group Blast is 60 minutes of cardio training that uses the step in a wide variety of ways to get your heart pounding and sweat pouring as you improve your cardio fitness, agility, coordination, power and strength with exciting music and motivational coaching.

Group Centergy is an invigorating 60-minute full-body workout that incorporates yoga and Pilates fundamentals with athletic training for strength, balance, mobility and flexibility. Emotive music drives the experience as you breathe and sweat through this movement journey.

Group Core gives you a stronger core, from your shoulders to your hips, in 30 action-packed minutes. Motivating music will push you through a variety of innovative exercises that use your body weight, weight plates the step and a towel.

Group Fight is a gripping hour combining the hottest, adrenaline-fueled MMA (mixed martial arts) movements from the boxing ring to the fighting cage with cutting-edge exercises from outside the octagon. Motivational coaching and exciting music will get you fighting fit.

Group Power is a one-hour, cutting edge strength training workout designed to get you muscle strong and movement strong. It combines traditional strength training with full-body exercises using an adjustable barbell, weight plates body weight, the step, heart pounding music and expert coaching.

On Your Mark HIIT is 45 minutes of intense training with brief recovery periods. Lift, carry, push, pull, kneel, jump/step/climb over something, move from the ground to standing, row, bike and run to create a big calorie burn and improve overall fitness. Modifications for everyone, no matter your fitness level.

Pilates is a low-impact mat class focused on building strength, stability, and flexibility throughout the body with a focus on the core.

Stretch and Roll is a full-body class that targets specific muscles and tendons using a foam roller to increase flexibility, reduce tension and help you feel your best.

Yoga is a mind and body practice that combines physical postures, breathing techniques and meditation or relaxation to promote mental and physical well-being.

Spinning And Spin 30 (30 minute format) is a group cycling class focusing on endurance, strength, intervals and recovery. Strengthen your heart, be kind to your joints, go easy on your knees and enhance your mental strength.