

**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

**MONDAY**

**6 am**  
**Boot Camp**  
 Kaufmann Gym, Bill

**6:15 am**  
**Group Blast**  
 KDS, Rachael

**6:15 am**  
**Spinning**  
 Spin Studio, Marsha

**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

**6:15**  
**Endurance Cycling**  
 Spin Studio, Dan

**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

**6:15**  
**Endurance Cycling**  
 Spin Studio, Dan

**6:30 am**  
**On Your Mark 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**  
 Weight Room  
 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**  
 Weight Room  
 Andrew & Christine

**8:45 am**  
**Group Blast**  
 KDS  
 Evan

**10 am**  
**Group Centergy**  
 KDS  
 Evan

**11 am**  
**Group Active**  
 KDS  
 Evan

**Room Key**  
**KDS**  
 Kaufmann Dance Studio  
**RDS**  
 Robinson Dance Studio



**Fees**

Centerfit Platinum:  
No fee

General Members:  
4 classes for \$40

**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  
Noam

**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



• **Massage**  
Half hour: \$37.50 Centerfit Platinum/\$45 General Member  
Full hour: \$75 Centerfit Platinum/\$90 General Member

• 1 Month Centerfit Platinum Membership: \$43  
• 1 Month Locker Rental: \$10/\$15/\$20 (depending on the size)



Stop by the Membership office  
or email membership@jccpgh.org

**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.