

MEMBER APPRECIATION WEEK

JANUARY 21-27 • JCC SOUTH HILLS

FREE CLASSES • DEMOS • ACTIVITIES • OFFERS

SUN., JANUARY

21

9 am DEKA Forge • Olga

10 am Yoga • Ken



TO LEARN MORE ABOUT
GAITBETTER FREE TRIALS
TURN OVER THE PAGE

MON., JANUARY

22

8 am Group Power • Elaine

10 am DEKA Forge • Medardo

10 am Ask a Trainer

11:30 am Aqua Fit

11 am-12 pm GaitBetter Free Trial***

1-3 pm GaitBetter Free Trial***

2 pm 55+ Deka Forge • Medardo

5 pm Zumba • Bonnie

TUES., JANUARY

23

10 -2 pm Ask a Trainer

11:30 am- 12:15 pm Aqua Arthritis

11:30 am - 12:15 pm Aqua Fit

12 pm DEKA Burn • Olga

12 pm -2 pm Pickleball Play

12- 2 pm GaitBetter Free Trial***

4-6 pm GaitBetter Free Trial***

5:30 pm Group centergy** • Laura

ALL WEEK SPECIALS



- Free Classes for all*
- Bring a Friend for free**
- Have a friend sign up and your name will be entered into a raffle to win 2 Big Night Tickets!
- Sign up for Fitness Plus, get 1 month FREE
- 6 Pack Personal Training Special
- Buy 5 private swim lessons, get 1 FREE
- Snacks
- Giveaways and Raffles

WED., JANUARY

24

7 am DEKA Burn • Rachael

8 am Group Power • Elaine

9-11 am GaitBetter Free Trial***

11-11:45 am Aqua Chi

2 pm DEKA Burn • Medardo

5 pm Core Conditioning • Soad

6 pm Group Power • Patti

6 pm DEKA Burn • Olga

THURS., JANUARY

25

6-7:30 am Pickleball

7 am DEKA Grit • Becky

10 am Ask a Trainer

9 am Group Active • Elaine

11:30 am-12:15 pm Aqua HIIT

12:15-1 pm Aqua Arthritis

11 am-2 pm GaitBetter Free Trial***

4-6 pm GaitBetter Free Trial***

FRI., JANUARY

26

7 am DEKA Grit • Becky

6-7:30 am Pickleball

8 am Group Power • Kris

10 am-2:30 pm GaitBetter Free Trial***

12-12:45 pm Aqua Fit

11-11:45 am Aqua Walkout

2 pm DEKA Grit • Medardo

SAT., JANUARY

27

8 am-3 pm Open Lap Swim

8 am Group Power • Jenny

12pm DEKA Grit • Medardo



*Registration is required, please register at the "JCC Pittsburgh" app

**Must be with a member

*** To Learn more about the GaitBetter Free Trials turn over the page

MORE INFO:



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Membership updates
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Fitness
JCC Pittsburgh Fitness Group



Membership updates
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More info: akater@jccpgh.org

**Schedule Your Free
Trial Today!**

**JCC
PGH**

GAITBETTER

Reduce Fall Risk • Improve Mobility

The JCC's Gait, Balance and Fall Prevention Program

**Do you want to improve your walking?
Reduce your risk of falls by 70%?
Improve your mobility?**

Using a personalized virtual reality simulation and walking on a treadmill with a harness for safety, the GaitBetter system will allow you to train real-life walking patterns and situations including:

- Obstacle negotiation
- Motor planning
- Balance strategies
- Speed and endurance
- Dual tasking
- Decision making
- Working memory
- Attention skills



**Members can have a
Free Trial on the
GaitBetter from
January 11 to February 7.**

For more information about the GaitBetter System or to book a Free Trial, contact Elaine Cappucci, ecappucci@jccpgh.org or 412-446-4773.

**To purchase a JCC's GaitBetter Session package contact
Abdi Kater akater@jccpgh.org**