

SUNDAY

9 AM
DEKA Forge
Olga

10 AM
Yoga
Kenn

Make reservations through the "JCC Pittsburgh" app



MONDAY

8 AM
Group Power
Jenny

10 AM
DEKA Forge
Kelly

5 PM
Core Conditioning
Soad

5:30 PM
DEKA Forge
Kelly

TUESDAY

8 AM
Gentle Yoga
Dionne

9 AM
Group Active
Elaine

12 PM
DEKA Burn
Olga

5 PM
Zumba Gold
Bonnie

5:30 PM
Group Centergy
Laura

6 PM
DEKA Burn
Matt

WEDNESDAY

7 AM
DEKA Burn
Matt

8 AM
Group Power
Jenny

10 AM
Cardio HIIT
Soad

12 PM
DEKA Burn
Kelly

5 PM
Core Conditioning
Soad

6:00 PM
DEKA Burn
Olga

THURSDAY

9 AM
Group Active
Elaine

10 AM
Group Centergy
Patti S.

12 PM
DEKA Grit
Olga

5 PM
Zumba Gold
Bonnie

6 PM
DEKA Grit
Matt

FRIDAY

8 AM
Group Power
Jenny/Kris

9 AM
DEKA Grit
Becky

SATURDAY

9 AM
Group Power
Jenny/Kris

10 AM
DEKA Grit
Matt

*See back for class substitution dates

DEKA Classes \$5 per class or free with Fitness Plus

Upgrade Your Membership to Fitness Plus for \$35 per month

- Unlimited Aquatics classes
- Unlimited DEKA classes
- Unlimited Pickleball Open Play
- Tai Chi
- 10% off personal training packages
- AND MORE!**

Contact membership:
membershipsouthhills@jccpgh.org
412-339-5431

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.

Functional conditioning

Start your day with a full body workout including a dynamic warm-up, functional exercises, and a calming cooldown. Utilizing exercises that have a strong carry over to your daily life, so you feel strong and confident!

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.

Barbell boom

Experience a dynamic warm-up that primes your body to successfully navigate strengthening barbell movements to create a foundation of functional strength. Ending with a relaxing cooldown routine to ensure you walk out feeling accomplished and refreshed!

September class substitutions:

Sept. 3-9 am- Functional Conditioning

Sept. 4- 8 am- Barbell Boom

Sept. 5- 9 am- Functional Conditioning

Sept. 24-9 am-Functional Conditioning

Sept. 30- 8 am- Barbell Boom

with Jordan McGinnis

* Please check the JCC PGH app for class substitutions

For more information
 Kelly Hont
 khont@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.

Classes are designed for all ages with modifications available.

DEKA Forge (Strength and Power)

A Forge class is where you will build lean muscle. This circuit is 30 seconds work/30 seconds rest.

DEKA Burn (Anaerobic Conditioning)

This is your time to sweat and burn calories. The Burn circuit is 60 seconds work/30 seconds rest.

DEKA Grit- (Endurance/Stamina)

Build Grit and train to go longer, farther, and faster. The Grit circuit is 90 seconds work/30 seconds rest.

For more information
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JCCPGH
 DEKA AFFILIATE