

**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**1**  
9 am • Circuit • Joanne

**2**  
LABOR DAY  
NO CLASSES

**3**  
10 am • Classic • Soad  
10 am • Beginner Tai Chi • Sandy  
11 am • Advanced Tai Chi Sandy  
11 am • Mindfulness Yoga • Judy  
5 pm • Zumba Gold • Bonnie

**4**  
8 am • Circuit • Susie  
9 am • Boom • Kathy  
11 am • Classic • Susie

**5**  
10 am • Classic • Susie  
11 am • Circuit • Susie  
5 pm • Zumba Gold • Bonnie

**6**  
9 am • Classic • Joan  
10 am • Circuit • Kathy  
11 am • Yoga • Josie

**7**  
9 am • Circuit • Joanne  
10 am • Yoga • Joanne

**8**  
9 am • Circuit • Joanne

**9**  
9 am • Circuit • Kathy  
11:15 am • Yoga • Soad

**10**  
10 am • Classic • Soad  
10 am • Beginner Tai Chi • Sandy  
11 am • Advanced Tai Chi Sandy  
11 am • Mindfulness Yoga • Judy  
5 pm • Zumba Gold • Bonnie

**11**  
8 am • Circuit • Susie  
9 am • Boom • Kathy  
11 am • Classic • Susie

**12**  
10 am • Classic • Susie  
11 am • Circuit • Susie  
5 pm • Zumba Gold • Bonnie

**13**  
9 am • Classic • Joan  
10 am • Circuit • Kathy  
11 am • Yoga • Josie

**14**  
9 am • Circuit • Joanne  
10 am • Yoga • Joanne

**15**  
9 am • Circuit • Joanne

**16**  
9 am • Circuit • Kathy  
11:15 am • Yoga • Soad

**17**  
10 am • Classic • Soad  
10 am • Beginner Tai Chi • Sandy  
11 am • Advanced Tai Chi Sandy  
11 am • Mindfulness Yoga • Judy  
5 pm • Zumba Gold • Bonnie

**18**  
8 am • Circuit • Susie  
9 am • Boom • Kathy  
11 am • Classic • Susie

**19**  
10 am • Classic • Susie  
11 am • Circuit • Susie  
5 pm • Zumba Gold • Bonnie

**20**  
9 am • Classic • Joan  
10 am • Circuit • Kathy  
11 am • Yoga • Josie

**21**  
9 am • Circuit • Joanne  
10 am • Yoga • Joanne

**22**  
9 am • Circuit • Joanne

**23**  
9 am • Circuit • Kathy  
11:15 am • Yoga • Soad

**24**  
10 am • Classic • Soad  
10 am • Beginner Tai Chi • Sandy  
11 am • Advanced Tai Chi Sandy  
11 am • Mindfulness Yoga • Judy  
5 pm • Zumba Gold • Bonnie

**25**  
8 am • Circuit • Susie  
9 am • Boom • Kathy  
11 am • Classic • Susie

**26**  
10 am • Classic • Susie  
11 am • Circuit • Susie  
5 pm • Zumba Gold • Bonnie

**27**  
9 am • Classic • Joan  
10 am • Circuit • Kathy  
11 am • Yoga • Josie

**28**  
9 am • Circuit • Joanne  
10 am • Yoga • Joanne

**29**  
9 am • Circuit • Joanne

**30**  
9 am • Circuit • Kathy  
11:15 am • Yoga • Soad

Make reservations through the "JCC Pittsburgh" app

Tai Chi included with Fitness Plus  
\*\$3/class members;  
\$5/class community

## **Boom Muscle**

Muscle-conditioning blocks and cardio intervals alternate to provide improved cardiovascular health and overall fitness

## **Mindfulness Yoga for Older Adults**

This class is for anyone interested in practicing yoga with an emphasis on mind/body awareness. Whether sitting or standing, the exercises will be step by step, allowing each student to work with their own abilities and challenges. Modifications and guidance will be offered, particularly getting into and out of postures. The first half of class will be standing, with chair support if needed, and the last half will be floor practice on mats or seated.

## **SilverSneakers® Classic**

Have fun and move to the music with a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

## **SilverSneakers® Circuit**

A standing circuit workout, with upper body strength work with hand-held weights, elastic tubing with handles, a SilverSneakers® ball and low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

## **SilverSneakers® Yoga**

SilverSneakers® Yoga moves your whole body through a complete series of yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

## **Tai Chi**

The Sun style of Tai Chi includes sequences and exercises to improve mobility, balance, breathing and relaxation. \$3/class/member; \$5/class/community.

## **Zumba Gold®**

Move and groove your way to a healthy body. This Latin dance-inspired workout is choreographed for beginners and serious seniors.

## **Coming back soon:**

### **Balance**

A half-hour, low-impact class designed to improve balance and increase core strength, which are crucial for fall prevention, improved posture and coordination in older adults.