



CLASSES

Stretch and Roll

Annie · Mondays · 9-9:45 am

A low impact stretching and foam rolling class to reduce soreness and increase flexibility.

Mat Pilates

Annie · Mondays · 9-9:45 am

Annie · Tuesdays · 8:30-9:15 am

Annie · Thursdays · 10:45-11:30 am

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

Yoga Stretch

Marsha · Wednesdays · 8:15-9 am

Yoga stretch incorporates traditional yoga postures, flows and athletic stretching to improve fitness, athletic performance, flexibility or target a particular problem area like lower back.

Vinyasa Flow

Rebecca · Wednesdays · 5-6 pm

A class with dynamic and creative sequences and mindful transitions. Expect a balance between movement and stillness linked with breath to deepen the connection to the present moment and cultivate a sense of harmony between body, mind and spirit.

Active Recovery

Alida · Tuesdays · 10:15-11 am

Annie · Wednesdays · 10-10:45 am

A low intensity total body class that focuses on reducing muscle tightness, knots and myofascial release. Hypervolt Massage Guns, foam rollers, lacrosse balls, yoga straps and static and dynamic stretching will be used.

**Class registration happens through the “JCC Pittsburgh” app.
Classes are free to Platinum members and \$10 each for general members.**



For more information

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JCCPGH.org/recovery-room