

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Make reservations through the
"JCC Pittsburgh" app

6
9 am • Circuit •
Joanne

13
9 am • Circuit •
Bonnie

20
9 am • Circuit •
Joanne

27
9 am • Circuit •
Joanne

7
9 am • Circuit • Kathy
11:15 am • Yoga • Soad
1:30 pm • Line Dancing
• Nancy

14
9 am • Circuit • Kathy
11:15 am • Yoga • Soad
1:30 pm • Line Dancing
• Nancy

21
9 am • Circuit • Kathy
11:15 am • Yoga •
Soad
1:30 pm • Line Dancing
• Nancy

28
9 am • Circuit • Kathy
11:15 am • Yoga • Soad
1:30 pm • Line Dancing
• Nancy

1
10 am • Circuit • Soad
10 am • Beginner Tai
Chi • Sandy
11 am • Advanced Tai Chi
Sandy
11 am • Mindfulness
Yoga • Judy
5 pm • Zumba Gold •
Bonnie

8
10 am • Circuit • Soad
10 am • Beginner Tai
Chi • Sandy
11 am • Advanced Tai Chi
Sandy
11 am • Mindfulness
Yoga • Judy
5 pm • Zumba Gold •
Bonnie

15
10 am • Circuit • Soad
10 am • Beginner Tai
Chi • Sandy
11 am • Advanced Tai Chi
Sandy
11 am • Mindfulness
Yoga • Judy
5 pm • Zumba Gold •
Bonnie

22
10 am • Circuit • Soad
10 am • Beginner Tai
Chi • Sandy
11 am • Advanced Tai Chi
Sandy
11 am • Mindfulness
Yoga • Judy
5 pm • Zumba Gold •
Bonnie

29
10 am • Circuit • Soad
10 am • Beginner Tai Chi
• Sandy
11 am • Advanced Tai Chi
Sandy
11 am • Mindfulness Yoga
• Judy
5 pm • Zumba Gold •
Bonnie

2
8 am • Circuit • Susie
9 am • Boom • Kathy
10 am • Classic • Susie
11 am • Classic • Susie
12:30 pm • Beginner
Tap • Kathy
1:30 pm • Advanced
Beginner Tap • Kathy

9
8 am • Circuit • Susie
9 am • Boom • Kathy
10 am • Classic • Susie
11 am • Classic • Susie
12:30 pm • Beginner
Tap • Kathy
1:30 pm • Advanced
Beginner Tap • Kathy

16
8 am • Circuit • Susie
9 am • Boom • Kathy
10 am • Classic • Susie
11 am • Classic • Susie
12:30 pm • Beginner
Tap • Kathy
1:30 pm • Advanced
Beginner Tap • Kathy

23
8 am • Circuit • Susie
9 am • Boom • Kathy
10 am • Classic • Susie
11 am • Classic • Susie
12:30 pm • Beginner
Tap • Kathy
1:30 pm • Advanced
Beginner Tap • Kathy

30
8 am • Circuit • Susie
9 am • Boom • Kathy
10 am • Classic • Susie
11 am • Classic • Susie
12:30 pm • Beginner
Tap • Kathy
1:30 pm • Advanced
Beginner Tap • Kathy

3
ROSH HASHANAH
JCC CLOSED

10
10 am • Classic • Susie
11 am • Circuit • Susie
1:30 pm • Intermediate
Tap • Kathy
5 pm • Zumba Gold •
Bonnie

17
SUKKOT
JCC CLOSED

24
SHMINI ATZERET/
SIMCHAT TORAH
JCC CLOSED

31
10 am • Classic • Susie
11 am • Circuit • Susie
1:30 pm • Intermediate
Tap • Kathy
5 pm • Zumba Gold •
Bonnie

4
ROSH HASHANAH
JCC CLOSED

11
9 am • Classic • Joan
10 am • Circuit • Kathy
11 am • Mindfulness
Yoga • Judy
1 pm • Show Tunes •
Kathy

18
9 am • Classic • Joan
10 am • Circuit • Kathy
11 am • Mindfulness
Yoga • Judy
1 pm • Show Tunes •
Kathy

25
9 am • Classic • Joan
10 am • Circuit • Kathy
11 am • Mindfulness
Yoga • Judy
1 pm • Show Tunes •
Kathy

5
9 am • Circuit •
Joanne
10 am • Yoga •
Joanne

12
YOM KIPPUR
JCC CLOSED

19
9 am • Circuit •
Joanne
10 am • Yoga •
Joanne

26
9 am • Circuit •
Joanne
10 am • Yoga •
Joanne

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.

Line Dancing: Sept 9-Oct. 28 • \$40
Show Tunes: Sept 20-Oct.25 • \$30

To register:
registration@jccpgh.org or
Membership office

Adult Tap Classes:
\$10/member
\$14/non-member

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.

** Beginning on Tuesday, October 1, Silver Sneakers Circuit on Tuesdays at 10 am will take place at the gym*

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.

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.

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