

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Make reservations through the "JCC Pittsburgh" app

3
9 am • Circuit • Joanne

4
9 am • Circuit • Kathy
11:15 am • Yoga • Soad
1:30 pm • Line Dancing • Nancy

10
9 am • Circuit • Bonnie

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

17

18
9 am • Circuit • Kathy
11:15 am • Yoga • Soad
1:30 pm • Line Dancing • Nancy

24
9 am • Circuit • Joanne

25
9 am • Circuit • Kathy
11:15 am • Yoga • Soad
1:30 pm • Line Dancing • Nancy

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

12
10 am • Circuit • Soad
10 am • Beginner Tai Chi • Sandy
11 am • Advanced Tai Chi • Sandy
11:15 am • Mindfulness Yoga • Judy
5 pm • Zumba Gold • Bonnie

19
10 am • Circuit • Soad
10 am • Beginner Tai Chi • Sandy
11 am • Advanced Tai Chi • Sandy
11:15 am • Mindfulness Yoga • Judy
5 pm • Zumba Gold • Bonnie

26
10 am • Circuit • Soad
10 am • Beginner Tai Chi • Sandy
11 am • Advanced Tai Chi • Sandy
11:15 am • Mindfulness Yoga • Judy
5 pm • Zumba Gold • Bonnie

6
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

13
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

20
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

27
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

7
10 am • Classic • Susie
11 am • Circuit • Susie
1:30 pm • Intermediate Tap • Kathy
5 pm • Zumba Gold • Bonnie

14
10 am • Classic • Susie
11 am • Circuit • Susie
1:30 pm • Intermediate Tap • Kathy
5 pm • Zumba Gold • Bonnie

21
10 am • Classic • Susie
11 am • Circuit • Susie
1:30 pm • Intermediate Tap • Kathy
5 pm • Zumba Gold • Bonnie

28
THANKSGIVING DAY
No classes, Fitness Center open from 8 am to 2 pm

1
9 am • Classic • Joan
10 am • Circuit • Kathy
11 am • Mindfulness Yoga • Judy
12 pm • Intermediate Tap • Kathy

8
9 am • Classic • Joan
10 am • Circuit • Kathy
11 am • Mindfulness Yoga • Judy

15
9 am • Classic • Joan
10 am • Circuit • Kathy
11 am • Mindfulness Yoga • Judy

22
9 am • Classic • Joan
10 am • Circuit • Kathy
11 am • Mindfulness Yoga • Judy

29
9 am • Classic • Joan
10 am • Circuit • Soad
11 am • Mindfulness Yoga • Judy

2
9 am • Circuit • Joanne
10 am • Yoga • Joanne

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

16
9 am • Circuit • Bonnie
10 am • Yoga • Bonnie

23
9 am • Circuit • Joanne
10 am • Yoga • Joanne

30
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:

Mondays, November 4 – December 16
\$35

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.

** 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