

Adult Fitness & SilverSneakers® Class Schedule

MONDAY

9 am
LIIT
Weight Room
Ilana

9:30 am
Boom Move
Levinson B
Holly

10:30 am
Classic (SS)
Levinson
Rose

TUESDAY

9 am
Circuit (SS)
Levinson
Marsha

10 am
Muscle Works
Levinson
Ilana

11 am
Yoga (SS)
Levinson
Ilana

1 pm
Classic (SS)
Levinson
Marsha

WEDNESDAY

9:15 am
Boom Muscle
Levinson
Holly

10:15 am
Circuit (SS)
Levinson
Rose

11:15 am
Balance/Arthritis
Levinson
Marsha

THURSDAY

9 am
Circuit (SS)
Levinson
Marsha

10 am
On the Move
Levinson
Marsha

11 am
Yoga (SS)
Levinson
Marsha

1:30 pm
Classic (SS)
Levinson
Ilana

FRIDAY

8 am
Yoga Stretch
Levinson
Marsha

9 am
Boom Muscle
Levinson
Marsha

10 am
Circuit (SS)
Levinson
Marsha

11 am
Gentle Chair Yoga
Levinson
Carolyn



SilverSneakers members have first right to a chair in class. IF space is available then other members and AgeWell members can participate in class.

Arthritis Foundation Exercise Program

LEVINSON HALL

This exercise program uses movements created by physical therapists that address pain and fatigue while increasing strength. Endorsed by Silver&Fit.

SilverSneakers® CIRCUIT

LEVINSON HALL

Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head-to-toe stretching, and complete relaxation in a comfortable position. Note: This class is for people who are comfortable standing to exercise for 30 – 40 minutes. Sneakers are required. Free to SilverSneakers® Members. AgeWell members and other members can participate if there are spaces available.

MUSCLE WORKS

LEVINSON HALL

Fitness class focused on building muscle strength and definition through resistance training exercises.

L.I.I.T.

WEIGHT ROOM

Light Intensity Interval Training is a workout that alternates between periods of higher and lower intensity exercise at moderate effort levels. Open to all fitness members.

Boom, Muscle and Move

This is a 30-45 minute beginning to intermediate class with weights provided, that improves strength, endurance and balance.

SilverSneakers® CLASSIC

LEVINSON HALL

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support. This class is appropriate for all fitness levels. Sneakers are required.

This class is free to SilverSneakers® members.

AgeWell members and other members can participate if there are spaces available.

Non-SilverSneakers classes are open to all Agewell and insurance-based members. For those not registered with SilverSneakers® or Silver&Fit®, participants need to be age 60, Allegheny County residents and registered with AgeWell at the JCC. SilverSneakers® classes (except for all pool classes) are open to those registered with AgeWell at the JCC, if space is available.

SilverSneakers® Yoga

LEVINSON HALL

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class may be taken in sneakers or socks and is appropriate for all fitness levels.

This class is free to SilverSneakers® members. AgeWell members and other members can participate if there are spaces available.

On the Move: Group Exercise for Improved Mobility in Older Adults®

LEVINSON HALL

On the Move is a group-based exercise program for older adults designed to target the timing and coordination of walking. The program challenges the brain to match the timing and sequences of your movements with your posture to improve the smoothness and efficiency of walking.

Open to all AgeWell and insurance-based members.

Yoga Stretch

LEVINSON HALL

Fusion class that combines physical yoga postures with athletic stretching and joint mobility exercises.

Open to all fitness members.