

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1
9 am • Circuit • Joanne

8
9 am • Circuit • Joanne

15
9 am • Circuit • Joanne

22
9 am • Circuit • Joanne

29
9 am • Circuit • Joanne

2
9 am • Circuit • Kathy
10 am • Classic • Kathy
11:15 am • Yoga • Soad
1:30 pm • Line Dancing • Nancy

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

16
9 am • Circuit • Kathy
10 am • Classic • Kathy
11:15 am • Yoga • Soad
1:30 pm • Line Dancing • Nancy

23
9 am • Circuit • Kathy
10 am • Classic • Kathy
11:15 am • Yoga • Soad

30
9 am • Circuit • Kathy
10 am • Classic • Kathy
11:15 am • Yoga • Soad

3
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

10
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

17
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

24
10 am • Circuit • Soad
10 am • Beginner Tai Chi • Sandy
11 am • Advanced Tai Chi Sandy
11:15 am • Mindfulness Yoga • Judy
CHRISTMAS EVE
JCC CLOSES AT 5 PM

31
10 am • Circuit • Soad
10 am • Beginner Tai Chi • Sandy
11 am • Advanced Tai Chi Sandy
11:15 am • Mindfulness Yoga • Judy
NEW YEAR'S EVE
JCC CLOSES AT 5 PM

4
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

11
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

18
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

25
CHRISTMAS DAY
No classes, Fitness Center open from 8 am to 5 pm

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

12
9 am • SilverSneakers Stability • Susie
10 am • Classic • Susie
11 am • Circuit • Susie
1:30 pm • Intermediate Tap • Kathy
5 pm • Zumba Gold • Bonnie

19
9 am • SilverSneakers Stability • Susie
10 am • Classic • Susie
11 am • Circuit • Susie
1:30 pm • Intermediate Tap • Kathy
5 pm • Zumba Gold • Bonnie

26
9 am • SilverSneakers Stability • Susie
10 am • Classic • Susie
11 am • Circuit • Susie

6
9 am • Classic • Joan
10 am • Circuit • Kathy
11 am • Mindfulness Yoga • Judy

13
9 am • Classic • Joan
10 am • Circuit • Kathy
11 am • Mindfulness Yoga • Judy

20
9 am • Classic • Joan
10 am • Circuit • Kathy
11 am • Mindfulness Yoga • Judy

27
9 am • Classic • Joan
10 am • Circuit • Soad
11 am • Mindfulness Yoga • Judy

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

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

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

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

Make reservations through the "JCC Pittsburgh" app



SilverSneakers 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 Stability

NEW!

Standing class designed to decrease the risk of falls with a focus on improving balance and lower body strength

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.

**Silver Sneakers Circuit on Tuesdays at 10 am will take place in the gym*

Line Dancing:

Mondays, November 4 – December 16

\$35

To register:

registration@jccpgh.org or
Membership office

Adult Tap Classes:

\$10/member

\$14/non-member

*Tai Chi included with Fitness Plus

\$3/class members;

\$5/class community