

## SUNDAY

**9 AM**  
**DEKA Forge**  
Olga

**10 AM**  
**Yoga**  
Kenn

Make reservations through the "JCC Pittsburgh" app

DEKA Classes \$5 per class or free with Fitness Plus



## MONDAY

**8 AM**  
**Group Power**  
Jenny

**10 AM**  
**DEKA Forge**  
Kelly

**5 PM**  
**Core Conditioning**  
Soad

**5:30 PM**  
**DEKA Forge**  
Kelly

### Holiday Hours

**New Year's Day Wednesday, Jan. 1:** Closed except for Fitness Center 8 am-2 pm  
No classes

## TUESDAY

**8 AM**  
**Gentle Yoga**  
Dionne

**9 AM**  
**Group Active**  
Elaine

**10 AM**  
**Centergy 101**  
Patti

**12 PM**  
**DEKA Burn**  
Olga

**5 PM**  
**Zumba Gold**  
Bonnie

**5:30 PM**  
**Group Core**  
Laura

**6 PM**  
**Group Centergy**  
Laura

## WEDNESDAY

**7 AM**  
**DEKA Burn**  
Matt

**8 AM**  
**Group Power**  
Jenny

**10 AM**  
**Cardio HIIT**  
Soad

**12 PM**  
**DEKA Burn**  
Kelly

**5 PM**  
**Core Conditioning**  
Soad

**6:00 PM**  
**DEKA Burn**  
Olga

## THURSDAY

**6 AM**  
**Group Core**  
Laura

**6:30 AM**  
**Group Centergy 30 min**  
Laura

**9 AM**  
**Group Active**  
Elaine

**10 AM**  
**Group Centergy**  
Patti S.

**12 PM**  
**DEKA Grit**  
Olga

**5 PM**  
**Zumba Gold**  
Bonnie

**6 PM**  
**DEKA Grit**  
Matt

### Group Ex January Launches:

Group Core	Tuesday, Jan. 7	5:30 pm
Group Power	Friday, Jan. 10	8 am
Group Centergy	Tuesday, Jan. 14	6 pm
Group Active	Tuesday, Jan. 21	9 am

## FRIDAY

**8 AM**  
**Group Power**  
Jenny/Kris

**9 AM**  
**On Your Mark HIIT**  
Nicole

## SATURDAY

**9 AM**  
**Group Power**  
Jenny/Kris

**10 AM**  
**DEKA Grit**  
Matt

**Cardio HIIT**

Cardio Hiit is a high-intensity interval training (HiIT) workout that uses a step, dynamic bodyweight exercises and light weights to improve power and increase strength and cardio endurance.

**Core Conditioning**

This low-impact class will help you strengthen your core muscles and improve your posture and movement using a variety of equipment and your own bodyweight.

**Group Active**

Get all the fitness you need—cardio, strength, balance and flexibility—in just one hour. With inspiring music, adjustable dumbbells and body weight exercises and simple athletic movements, this class is for everyone.

**Group Centergy**

A 60-minute journey that combines yoga and Pilates, enabling you to center your energy and relieve stress.

**Group Power**

This 60-minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. Group Power is for all ages and fitness levels.

**Gentle Yoga**

Appropriate for all levels and abilities, this class incorporates yoga poses and gentle stretching.

**Yoga**

This class is based in the Hatha Yoga style and incorporates yoga poses and flow.

**On your Mark HIIT**

45 minutes of intense training with brief recovery periods. Lift, carry, push, kneel, step, jump, climb for a big calorie burn and improve your overall fitness. Modifications available. All are welcome! Ages 15 +

**Centergy 101:**

A perfect combination of Pilates and Yoga designed to create long, lean muscles, increase mobility and flexibility, strengthen your core and improve posture, this class is perfect for anyone new to Centergy or looking to perfect their form.

**Group Core:**

This class gives you a stronger core from your shoulders to hips, in 30-minute action-packed minutes. Motivating music will push you through a variety of innovative exercises that use your body weight, weight plates, the step and a towel.

*For more information*  
 Kelly Hont  
 khont@jccpgh.org



The DEKA Training System consists of weekly workouts in three different formats to cover the three pillars of fitness. Each classes uses 10 zones of strength and cardio stations, but with different work/rest intervals. Doing each format each week help you train with a purpose.

Classes are designed for all ages with modifications available.

**DEKA Forge (Strength and Power)**

A Forge class is where you will build lean muscle. This circuit is 30 seconds work/30 seconds rest.

**DEKA Burn (Anaerobic Conditioning)**

This is your time to sweat and burn calories. The Burn circuit is 60 seconds work/30 seconds rest.

**DEKA Grit- (Endurance/Stamina)**

Build Grit and train to go longer, farther, and faster. The Grit circuit is 90 seconds work/30 seconds rest.

*For more information*  
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JCCPGH  
 DEKA AFFILIATE