

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Make reservations through the "JCC Pittsburgh" app

5

6

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

12

13

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

19

20

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

26

27

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

7

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

14

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

21

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

28

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

1

NEW YEAR'S DAY  
NO CLASSES

8

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

15

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

22

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

29

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

2

9 am • SilverSneakers  
Stability • Susie  
10 am • Classic • Susie  
11 am • Circuit • Susie  
5 pm • Zumba Gold •  
Bonnie

9

9 am • SilverSneakers  
Stability • Susie  
10 am • Classic • Susie  
11 am • Circuit • Susie  
5 pm • Zumba Gold •  
Bonnie

16

9 am • SilverSneakers  
Stability • Susie  
10 am • Classic • Susie  
11 am • Circuit • Susie  
5 pm • Zumba Gold •  
Bonnie

23

9 am • SilverSneakers  
Stability • Susie  
10 am • Classic • Susie  
11 am • Circuit • Susie  
5 pm • Zumba Gold  
Bonnie

30

9 am • SilverSneakers  
Stability • Susie  
10 am • Classic • Susie  
11 am • Circuit • Susie  
5 pm • Zumba Gold •  
Bonnie

3

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

10

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

17

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

24

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

31

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

4

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

11

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

18

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

25

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

**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.

**NEW!**

**SilverSneakers Stability**

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, Jan. 6-Feb. 24 • 1:30-2:30  
\$40

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