

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

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

6 PM
DEKA Burn
Olga

WEDNESDAY

7 AM
DEKA Burn
Matt

8 AM
Group Power
Jenny

10 AM
Cardio HIIT
Soad

10 AM
DEKA Burn
Kelly

5 PM
Core Conditioning
Soad

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

FRIDAY

8 AM
Group Power
Jenny/Kris

9 AM
On Your Mark HIIT
Nicole

Holiday Hours

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

Martin Luther King Jr. Day • Monday, Jan. 20:
Closed except for Fitness Center 8 am-2 pm

SATURDAY

9 AM
Group Power
Jenny/Kris

10 AM
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 |

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
 Kelly Hont
 khont@jccpgh.org



JCCPGH
 DEKA AFFILIATE