



CLASSES

Stretch and Roll with Annie

Thursdays • 8:30 AM

A low impact stretching and foam rolling class to reduce soreness and increase flexibility.

Mat Pilates with Annie

Mondays • 9 AM

Tuesdays • 8:30 AM

Thursdays • 10:45 AM

A low impact mat class focused on building strength, stability, and flexibility throughout the body with a focus on the core.

Yoga Stretch with Marsha

Wednesdays • 8:30 AM

Yoga stretch incorporates traditional yoga postures, flows and athletic stretching to improve fitness, athletic performance, flexibility or target a particular problem area like lower back.

Vinyasa Flow with Laura

Wednesdays • 5 PM

A class with dynamic and creative sequences and mindful transitions. Expect a balance between movement and stillness linked with breath to deepen the connection to the present moment and cultivate a sense of harmony between body, mind and spirit.

Active Recovery with Annie

Wednesdays • 10 AM

A low intensity total body class that focuses on reducing muscle tightness, knots and myofascial release. Hypervolt Massage Guns, foam rollers, lacrosse balls, yoga straps and static and dynamic stretching will be used.

Classes are free to Platinum members and \$10 each for general members.

Class registration happens through our new app JCCPittsburgh



For more information

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JCCPGH.org/recovery-room