

JCC South Hills Group Exercise and DEKA Class Schedule

June 2024

SUNDAY

9 AM
DEKA Forge
Olga

10 AM
Yoga*
Kenn

Make
reservations
through the
"JCC Pittsburgh"
app



MONDAY

8 AM
Group Power
Elaine

10 AM
DEKA Forge
Kelly

5 PM
Core Conditioning
Soad

5 PM
Zumba Gold
Bonnie

5:30 PM
DEKA Forge
Kelly

TUESDAY

8 AM
Gentle Yoga*
Dionne

9 AM
Group Active
Elaine

12 PM
DEKA Burn
Olga

5:30 PM
Group Centergy
Laura

6 PM
DEKA Burn
Matt

WEDNESDAY

7 AM
DEKA Burn
Matt

8 AM
Group Power
Elaine

10 AM
Cardio HIIT
Soad

12 PM
DEKA Burn
Olga

5 PM
Core Conditioning
Soad

6 PM
Group Power
Patti E.

6:00 PM
DEKA Burn
Olga

THURSDAY

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
DEKA Grit
Becky

SATURDAY

9 AM
Group Power
Jenny/Kris

10 AM
DEKA Grit
Matt

Holiday Hours

Shavuot Eve

Tues. June 11: Close at 5 pm

Shavuot Wed. June 12: Closed

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

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.

For more information

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DEKA Classes

FORGE

BURN

GRIT

Register on the "JCC Pittsburgh" app

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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