



CLASSES

Mat Pilates

Annie · Mondays · 9-9:45 am
Annie · Tuesdays · 8:30-9:15 am
Annie · Thursdays · 10:45-11:30 am

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

Yoga Stretch

Marsha · Wednesdays · 8:15-9 am
Marsha · Fridays · 8-8:45 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

Rebecca · Wednesdays · 5-6 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.

Class registration happens through the "JCC Pittsburgh" app.

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

Active Recovery

Alida · Tuesdays · 10:30-11:15 am
Annie · Wednesdays · 10-10:45 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.

Stretch and Roll

Annie · Thursdays · 8:30-9:15 am
Alida · Sundays · 9:30-10:15 am

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

Pilates Flow

Lauren · Thursdays · 5:30-6:15 pm

This modified yoga and Pilates class is designed for anyone looking to enhance their overall fitness and well-being. Suitable for all levels, the class begins by building slow heat through controlled movements that gradually increase your heart rate and prepare your muscles for deeper work. You'll focus on creating long, lean muscles and enhancing core strength with Pilates techniques, helping you achieve a toned physique and improve your overall health and well-being.



For more information

Annie Kostovny · akostovny@jccpgh.org
[JCCPGH.org/recovery-room](https://jccpgh.org/recovery-room)