

## 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

**9 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**  
**Beyond Yoga**  
Kenn

**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

**7 AM**  
**Group Power**  
Kris

**8 AM**  
**Group Power**  
Jenny

**9 AM**  
**Group Active**  
Kelly

**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**  
**Beyond Yoga**  
Kenn

**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

## SATURDAY

**9 AM**  
**Group Power**  
Jenny/Kris

**10 AM**  
**DEKA Grit**  
Matt

### Beyond Yoga

Rooted in Hatha Yoga, this practice challenges the body and goes beyond the mat, focusing on strength, core, mobility and balance.

*\*This class will substitute Group Centergy times while the instructor is out (April 10 to July).*

### 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.

### Gentle Yoga

Appropriate for all levels and abilities, this class incorporates yoga poses and gentle stretching.

### 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 & Group Centergy 3D

A 30 or 60-minute journey that combines yoga and Pilates, enabling you to center your energy and relieve stress.

### 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.

### 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.

### 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 +

### Yoga

This class is based in the Hatha Yoga style and incorporates yoga poses and flow.

*For more information*

*Kelly Hont*

*khont@jccpgh.org*

## 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*

*Kelly Hont*

*khont@jccpgh.org*



**JCCPGH**  
DEKA AFFILIATE