

# JCC South Hills Group Exercise and DEKA Class Schedule

June 2025

## 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

10 AM  
**Fittsburgh FittFlow**  
Khom

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

4 PM  
**Fittsburgh Fittfight**  
Khom

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

11 AM  
**Fittsburgh Fittfight**  
Khom

## SATURDAY

9 AM  
**Group Power**  
Jenny/Kris

10 AM  
**DEKA Grit**  
Matt

12 PM  
**Fittsburgh FittFlow**  
Khom

## Group Ex Classes

Register on the “JCC Pittsburgh” app

### 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.

### FittFlow

Is a 60-minute special class for beginners to learn the basics. This open area class is designed to teach everything you need to know with emphasis on safety, technique and power generation through proper physics. This is go at your own pace, dynamic, low-impact class that focuses on smooth, continuous shadowboxing movements, combining fluid strikes and footwork to improve technique, coordination, and balance. No equipment is necessary for this beginner class.

### FittFight

Is a 60-minute, high-intensity kickboxing class that blends striking techniques, endurance training, and functional conditioning for a full-body workout. The intensity builds with high-paced intervals, ensuring you stay engaged and challenged throughout the session. Class is go at your own pace. Members are in control of the workout at all times. Thumb-stitched boxing gloves are needed for this class. We have some loaner pairs of gloves that are kept clean for new members who would like to try a class out.

Register for Pittsburgh  
Classes [HERE](#)



## 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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JCCPGH  
DEKA AFFILIATE