

SUNDAY

1
9 am • Circuit • Joanne

8
9 am • Circuit • Joanne

15
NO CLASSES

22
9 am • Circuit • Joanne

29
9 am • Circuit • Joanne

MONDAY

2
SHAVUOT
NO CLASSES

9
9 am • Circuit • Susie
10 am • Muscle Works
Classic • Susie
11:15 am • Yoga • Soad

16
9 am • Circuit • Susie
10 am • Muscle Works
Classic • Susie
11:15 am • Yoga • Soad
1:30 pm • Line Dancing •
Nancy

23
9 am • Circuit
10 am • Muscle Works
Classic
11:15 am • Yoga •
Soad
1:30 pm • Line Dancing •
Nancy

30
9 am • Circuit
10 am • Muscle Works
Classic
11:15 am • Yoga •
Soad
1:30 pm • Line Dancing •
Nancy

TUESDAY

3
9 am • Total Body Step
Circuit • Soad
10 am • Circuit • Soad
11:15 am •
Mindfulness Yoga • Judy
5 pm • Zumba Gold •
Bonnie

10
9 am • Total Body Step
Circuit • Soad
10 am • Circuit • Soad
11:15 am •
Mindfulness Yoga • Judy
5 pm • Zumba Gold •
Bonnie

17
9 am • Total Body Step
Circuit • Soad
10 am • Circuit • Soad
11:15 am •
Mindfulness Yoga • Judy
5 pm • Zumba Gold •
Bonnie

24
9 am • Total Body Step
Circuit • Soad
10 am • Circuit • Soad
11:15 am •
Mindfulness Yoga • Judy
5 pm • Zumba Gold •
Bonnie

WEDNESDAY

4
8 am • Circuit • Susie
9 am • Boom • Kathy
10 am • Muscle Works
Classic • Susie
11 am • Classic • Susie

11
8 am • Circuit • Susie
10 am • Muscle Works
Classic • Susie
11 am • Classic • Susie

18
8 am • Circuit • Susie
10 am • Muscle Works
Classic • Susie
11 am • Classic • Susie

25
8 am • Circuit • Susie
10 am • Muscle Works
Classic • Susie
11 am • Classic • Susie

THURSDAY

5
9 am- SilverSneakers
Stability • Susie
10 am • Classic • Susie
11 am • Total Body
Circuit Step • Susie
5 pm • Zumba Gold •
Bonnie

12
9 am- SilverSneakers
Stability • Susie
10 am • Classic • Susie
11 am • Total Body
Circuit Step • Susie
5 pm • Zumba Gold •
Bonnie

19
9 am- SilverSneakers
Stability • Susie
10 am • Classic • Susie
11 am • Total Body
Circuit Step • Susie
5 pm • Zumba Gold •
Bonnie

26
9 am- SilverSneakers
Stability • Susie
10 am • Classic • Susie
11 am • Total Body
Circuit Step • Susie
5 pm • Zumba Gold
Bonnie

FRIDAY

6
9 am • Classic • Joan
10 am • Circuit • Kathy
11 am • Mindfulness
Yoga • Judy

13
9 am • Classic • Joan
10 am • Circuit • Soad
11 am • Mindfulness
Yoga • Judy

20
9 am • Classic • Joan
10 am • Circuit • Soad
11 am • Mindfulness
Yoga • Judy

27
9 am • Classic • Joan
10 am • Circuit • Soad
11 am • Mindfulness
Yoga • Judy

SATURDAY

7
9 am • Total Body Circuit
Step • Joanne
10 am • Yoga •
Joanne

14
NO CLASSES

21
9 am • Total Body Circuit
Step • Joanne
10 am • Yoga •
Joanne

28
9 am • Total Body Circuit
Step • Joanne
10 am • Yoga •
Joanne

Line Dancing

Get ready to kick up your heels and have a blast! Line Dancing is a lively, feel-good class for adults 18 and up who want to stay active, meet new friends, and dance their way to better health. Whether you're a seasoned dancer or have two left feet, this low-impact, mid-intensity class makes it easy to follow along and have fun. We groove to upbeat music with simple, pre-choreographed steps that make you feel like you're a part of the show. It's a heart-pumping, leg-moving workout disguised as a dance party — all while being gentle on your joints. No partner needed, bring your energy and a smile — we'll take care of the rhythm!

Beginning June 16, Line Dancing will require registration in the JCCPGH App 72 hours in advance of the class start time. Passes can be purchased at the front desk.

Mindfulness Yoga for Older Adults

This class is for anyone interested in practicing yoga with an emphasis on mind/body awareness. Whether sitting or standing, the exercises will be step by step, allowing each student to work with their own abilities and challenges. Modifications and guidance will be offered, particularly getting into and out of postures. The first half of class will be standing, with chair support if needed, and the last half will be floor practice on mats or seated.

Muscle Works Classic

45 minutes of exercise focused on strength and functional fitness movements using weights, bands and a ball. Chairs available for support.

SilverSneakers® Circuit

A standing circuit workout, with upper body strength work with hand-held weights, elastic tubing with handles, a SilverSneakers® ball and low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

SilverSneakers® Classic

Have fun and move to the music with a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

SilverSneakers Stability

Standing class designed to decrease the risk of falls with a focus on improving balance and lower body strength

SilverSneakers® Yoga

SilverSneakers® Yoga moves your whole body through a complete series of yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Total Body Step Circuit

Move to the music during low-impact aerobics steps and circuit training using weights and resistance bands. Chairs available for support.

Zumba Gold®

Move and groove your way to a healthy body. This Latin dance-inspired workout is choreographed for beginners and serious seniors.

**** Total Body Step and Silver Sneakers Circuit on Tuesdays at 9 and 10 am will take place in the gym***

**Line Dancing:
\$5/class**