

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Make reservations through the "JCC Pittsburgh" app

4
9 am • Circuit • Joanne

11
9 am • Circuit • Joanne

18
9 am • Circuit • Joanne

25
9 am • Circuit • Joanne

5
9 am • Circuit • Kathy
10 am • Muscle Works Classic • Kathy
11:15 am • Yoga • Soad
1:30 pm • Line Dancing • Nancy

12
9 am • Circuit • Kathy
10 am • Muscle Works Classic • Kathy
11:15 am • Yoga • Soad
1:30 pm • Line Dancing • Nancy

19
9 am • Circuit • Kathy
10 am • Muscle Works Classic • Kathy
11:15 am • Yoga • Soad
1:30 pm • Line Dancing • Nancy

26
Memorial Day
JCC Closed except for Fitness Center
8 am-2 pm and Family Park • 11 am-7 pm

6
9 am • Total Body Step Circuit • Soad
10 am • Circuit • Soad
11:15 am • Mindfulness Yoga • Judy
5 pm • Zumba Gold • Bonnie

13
9 am • Total Body Step Circuit • Soad
10 am • Circuit • Soad
11:15 am • Mindfulness Yoga • Judy
5 pm • Zumba Gold • Bonnie

20
9 am • Total Body Step Circuit • Soad
10 am • Circuit • Soad
11:15 am • Mindfulness Yoga • Judy
5 pm • Zumba Gold • Bonnie

27
9 am • Total Body Step Circuit • Soad
10 am • Circuit • Soad
11:15 am • Mindfulness Yoga • Judy
5 pm • Zumba Gold • Bonnie

7
8 am • Circuit • Susie
9 am • Boom • Kathy
10 am • Muscle Works Classic • Susie
11 am • Classic • Susie
12:30 pm • Beginner Tap • Kathy
1:30 pm • Advanced Beginner Tap • Kathy

14
8 am • Circuit • Susie
9 am • Boom • Kathy
10 am • Muscle Works Classic • Susie
11 am • Classic • Susie
12:30 pm • Beginner Tap • Kathy
1:30 pm • Advanced Beginner Tap • Kathy

21
8 am • Circuit • Susie
9 am • Boom • Kathy
10 am • Muscle Works Classic • Susie
11 am • Classic • Susie
12:30 pm • Beginner Tap • Kathy
1:30 pm • Advanced Beginner Tap • Kathy

28
8 am • Circuit • Susie
9 am • Boom • Kathy
10 am • Muscle Works Classic • Susie
11 am • Classic • Susie

1
9 am- SilverSneakers Stability • Susie
10 am • Classic • Susie
11 am • Total Body Circuit Step • Susie
5 pm • Zumba Gold • Bonnie

8
9 am- SilverSneakers Stability • Susie
10 am • Classic • Susie
11 am • Total Body Circuit Step • Susie
5 pm • Zumba Gold • Bonnie

15
9 am- SilverSneakers Stability • Susie
10 am • Classic • Susie
11 am • Total Body Circuit Step • Susie
5 pm • Zumba Gold • Bonnie

22
9 am- SilverSneakers Stability • Susie
10 am • Classic • Susie
11 am • Total Body Circuit Step • Susie
5 pm • Zumba Gold • Bonnie

29
9 am- SilverSneakers Stability • Susie
10 am • Classic • Susie
11 am • Total Body Circuit Step • Susie
5 pm • Zumba Gold • Bonnie

2
9 am • Classic • Joan
10 am • Circuit • Kathy
11 am • Mindfulness Yoga • Judy
12 pm • Intermediate Tap • Kathy

9
9 am • Classic • Joan
10 am • Circuit • Kathy
11 am • Mindfulness Yoga • Judy
12 pm • Intermediate Tap • Kathy

16
9 am • Classic • Joan
10 am • Circuit • Kathy
11 am • Mindfulness Yoga • Judy
12 pm • Intermediate Tap • Kathy

23
10 am • Circuit • Kathy
11 am • Mindfulness Yoga • Judy
12 pm • Intermediate Tap • Kathy

30
10 am • Circuit • Kathy
11 am • Mindfulness Yoga • Judy

3
9 am • Total Body Circuit Step • Joanne
10 am • Yoga • Joanne

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

17
9 am • Total Body Circuit Step • Joanne
10 am • Yoga • Joanne

24
9 am • Total Body Circuit Step • Joanne
10 am • Yoga • Joanne

31

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 Boom Muscle

Muscle-conditioning blocks and cardio intervals alternate to provide improved cardiovascular health and overall fitness.

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*

Adult Tap Classes:
\$10/member
\$14/non-member

Line Dancing:
Mondays, March 24-May 19
1:30 pm
\$45