

JCC South Hills Group Exercise and DEKA Class Schedule

July 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

July 2025 Launch Events

Group Power	Monday, July 7	8 am	Jenny
Group Core	Tuesday, July 8	5:30 pm	Laura
Group Centergy	Tuesday, July 15	6 pm	Laura
Group Active	Tuesday, July 22	9 am	Elaine

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