

## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

**6**  
9 am • Circuit • Joanne

**13**  
NO CLASSES

**20**  
9 am • Circuit • Joanne

**27**  
9 am • Circuit • Joanne

**7**  
9 am • Circuit • Betsy  
10 am • Muscle Works  
Classic • Betsy  
11:15 am • Yoga • Soad  
1:30 pm • Line Dancing  
Nancy  
2:30 pm • PWR! Moves  
Chuck

**14**  
9 am • Circuit • Betsy  
10 am • Muscle Works  
Classic • Betsy  
11:15 am • Yoga • Soad  
1:30 pm • Line Dancing •  
Nancy  
2:30 pm • PWR! Moves  
Chuck

**21**  
9 am • Circuit • Betsy  
10 am • Muscle Works  
Classic • Betsy  
11:15 am • Yoga •  
Soad  
1:30 pm • Line Dancing •  
Nancy  
2:30 pm • PWR! Moves  
Chuck

**28**  
9 am • Circuit • Betsy  
10 am • Muscle Works  
Classic • Betsy  
11:15 am • Yoga •  
Soad  
1:30 pm • Line Dancing •  
Nancy  
2:30 pm • PWR! Moves  
Chuck

**1**  
9 am • Total Body Step  
Circuit • Soad  
10 am • Circuit • Soad  
11:15 am •  
Mindfulness Yoga • Judy  
5 pm • Zumba Gold •  
Bonnie

**8**  
9 am • Total Body Step  
Circuit • Soad  
10 am • Circuit • Soad  
11:15 am •  
Mindfulness Yoga • Judy  
5 pm • Line Dancing  
Nancy

**15**  
9 am • Total Body Step  
Circuit • Soad  
10 am • Circuit • Soad  
5 pm • Zumba Gold •  
Bonnie

**22**  
9 am • Total Body Step  
Circuit • Soad  
10 am • Circuit • Soad  
5 pm • Zumba Gold •  
Bonnie

**29**  
9 am • Total Body Step  
Circuit • Soad  
10 am • Circuit • Soad  
11:15 am •  
Mindfulness Yoga • Judy  
5 pm • Zumba Gold •  
Bonnie

**2**  
8 am • Circuit • Susie  
9 am • Boom • Kathy  
10 am • Muscle Works  
Classic • Susie  
11 am • Classic • Susie

**9**  
8 am • Circuit • Susie  
10 am • Muscle Works  
Classic • Susie  
11 am • Classic • Susie

**16**  
8 am • Circuit • Susie  
10 am • Muscle Works  
Classic • Susie  
11 am • Classic • Susie

**23**  
8 am • Circuit • Susie  
10 am • Muscle Works  
Classic • Susie  
11 am • Classic • Susie

**30**  
8 am • Circuit • Susie  
10 am • Muscle Works  
Classic • Susie  
11 am • Classic • Susie

**3**  
9 am- SilverSneakers  
Stability • Susie  
10 am • Classic • Susie  
11 am • Total Body  
Circuit Step • Susie  
5 pm • Zumba Gold •  
Bonnie

**10**  
9 am- SilverSneakers  
Stability • Susie  
10 am • Classic • Susie  
11 am • Total Body  
Circuit Step • Susie  
5 pm • Line Dancing  
Nancy

**17**  
9 am- SilverSneakers  
Stability • Susie  
10 am • Classic • Susie  
11 am • Total Body  
Circuit Step • Susie  
5 pm • Zumba Gold •  
Bonnie

**24**  
9 am- SilverSneakers  
Stability • Susie  
10 am • Classic • Susie  
11 am • Total Body  
Circuit Step • Susie  
5 pm • Zumba Gold  
Bonnie

**31**  
9 am- SilverSneakers  
Stability • Susie  
10 am • Classic • Susie  
11 am • Total Body  
Circuit Step • Susie  
5 pm • Zumba Gold  
Bonnie

**4**  
**INDEPENDENCE  
DAY**  
**NO CLASSES**  
  
**Fitness Center open  
8 am-2 pm**

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

**18**  
9 am • Classic • Joan  
10 am • Circuit • Soad

**25**  
9 am • Classic • Joan  
10 am • Circuit • Soad

**5**  
9 am • Total Body Circuit  
Step • Joanne  
10 am • Yoga •  
Joanne

**12**  
9 am • Total Body Circuit  
Step • Joanne  
10 am • Yoga •  
Joanne

**19**  
NO CLASSES

**26**  
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.

**PWR! Moves®**

PWR! Moves® (Parkinson Wellness Recovery) is a research-backed program designed specifically for individuals with Parkinson's disease. It uses functional, whole-body movements to address motor symptoms and support daily mobility. The exercises target multiple key areas affected by Parkinson's, including posture, trunk mobility, transitions, and intentional movement. Most exercises will be performed in a chair, but some may include standing or even floor work using mats. Modifications will be offered based on each person's mobility level.

**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.

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