JCC Recovery Room

CLASSES

Stretch and Roll

A low impact stretching, foam rolling, and myofascial release class to reduce soreness and increase flexibility.

Sunday	11-11:45 am
Monday	9-9:45 am

Mat Pilates

A low impact mat class focused on building strength, stability, and flexibility through the entire body with a focus on the core.

Sunday	8:30-9:15 am
Monday	9:00-9:45 am
Monday	5:15- 6:00 pm
Tuesday	8:30-9:15 am
Wednesday	5:00-5:45 pm
Thursday	10:45-11:30 am

Active Recovery

A low intensity total body class that focuses on reducing muscle tightness, knots, and myofascial release using massage guns, lacrosse balls, and more!

Tuesday	10:30-11:15 am
Wednesday	10:00-10:45 am

Beginner Pilates

Learn the Pilates basics while building strength, stability, and flexibility.

Wednesday	8:15-8:45 am
Friday	9:00-9:30 am

Yoga

A mind body vinyasa practice that combines physical postures, breathing, and relaxation to promote mental and physical well being.

Wednesday	6:00-7:15 pm

Pilates Flow

A yoga and Pilates fusion class that will help increase strength, flexibility, and mindfulness.

Thursday	5:30-6:30 pm

Group Centergy

An invigorating 60-minute full-body workout that incorporates yoga and Pilates fundamentals with athletic training for strength, balance, mobility and flexibility. Emotive music drives the experience as you breathe and sweat through this movement journey.

Thursday	12:00 -1:00 pm

JCC PGH

For more information

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jccpgh.org/recovery-room

There is no access to the Recovery Room while classes are in session.

There is no late admission to classes.