

# SilverSneakers® Class Schedule



## MONDAY

**10:15 am**  
**Classic**  
**Levinson B**  
**Rose**

## TUESDAY

**10 am**  
**Stability**  
**Levinson B**  
**Karen**

**1 pm**  
**Classic**  
**Levinson B**  
**Marsha**

## WEDNESDAY

**10:15 am**  
**Circuit**  
**Levinson B**  
**Rose**

**11:15 am**  
**Yoga**  
**Levinson B**  
**Marsha**

## THURSDAY

**9 am**  
**Circuit**  
**Levinson B**  
**Katie**

## FRIDAY

**10 am**  
**Circuit**  
**Levinson B**  
**Marsha**

**11 am**  
**Yoga**  
**Levinson B**  
**Marsha**

### SilverSneakers® CIRCUIT

#### LEVINSON B

Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head-to-toe stretching, and complete relaxation in a comfortable position.

Note: This class is for people who are comfortable standing to exercise for 30 – 40 minutes. Sneakers are required. Free to SilverSneakers® Members.

### SilverSneakers® CLASSIC

#### LEVINSON B

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support. This class is appropriate for all fitness levels. Sneakers are required.

### SilverSneakers® YOGA

LEVINSON B Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class may be taken in sneakers or socks and is appropriate for all fitness levels.

### SilverSneakers® Stability

A SilverSneakers Stability class is a fitness class designed to improve balance, coordination, and strength, primarily for seniors, to help prevent falls. The classes include exercises like walking, balance variations, and agility-like courses, often with modifications and chair support for safety and to accommodate different skill levels.

For SilverSneakers class members have three days in advance to register. If space is available then AgeWell members have one day in advance to register for SilverSneakers classes.

**Contact Marsha Mullen for more information**  
**412-339-5415 • [mmullen@jccpgh.org](mailto:mmullen@jccpgh.org)**

# Adult Fitness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:15am LIIT Weight Room • Marsha	9 am Walk15 Levinson B • Karen	9:15 am Boom Muscle Levinson B • Holly	10 am On the Move Levinson B • Marsha	9am Boom Muscle Levinson B • Marsha
9:15 am Boom Move Levinson B • Holly	11 am Gentle Chair Yoga Levinson B • Carolyn		10 am LIIT - Starts 1/15/26 Weight Room • Katie	
11:15 am IGIA - Starts 1/26/26 Levinson B • Harris			11 am Arthritis/Balance Levinson B • Marsha	

PLEASE REGISTER ON THE “JCCPGH” APP

## L.I.I.T.

Light Intensity Interval Training is a workout that alternates between periods of higher and lower intensity exercise at moderate effort levels.

## Boom, Muscle and Move

This is a 30-45 minute beginning to intermediate class with weights provided, that improves strength, endurance and balance.

## Arthritis/Balance

This exercise program uses movements created by physical therapists that address pain and fatigue while increasing strength and balance.

## On the Move: Group Exercise for Improved Mobility in Older Adults®

On the Move is a group-based exercise program for older adults designed to target the timing and coordination of walking. The program challenges the brain to match the timing and sequences of your movements with your posture to improve the smoothness and efficiency of walking.

## IGIA

Navigate the healing power of movement. Drawing from multiple somatic practices, including yoga, meditation, Hanna Somatics®, and dance, IGIA navigates the power of movement sensed from within, stimulates new neural pathways, and opens the mind's regulation over postures and emotion. IGIA movement practices can be experienced, seated, standing, and lying down.

## Gentle Chair Yoga

This exercise program a gentle form of yoga that can help seniors improve their flexibility, strength, and balance while reducing discomfort and regaining mobility. It's a modified version of traditional yoga that's more accessible for people with limited mobility or balance because it allows you to practice yoga poses while seated or standing with the support of a chair.

## Walk15

An exciting, 45-minute indoor aerobic workout based on 4 easy to follow moves. Modifications are provided throughout the class. This workout is based on beats per minute. Fun, high-energy music is used to help you walk 3 Miles! Come & get your Walk on with us!