

SUNDAY

8:15 am
Group Power
KDS, Molly
Live and Virtual

8:15 am
Spinning
Spin Studio, Raelyn

8:30 am
Pilates
RR, Alida

9 am
On Your Mark HIIT
WR Moya

9:30 am
Group Fight
KDS, Lauren

9:30 am
Spinning
Spin Studio, Molly

10:30 am
Yoga
KDS, Moya

11 am
Stretch and Roll
RR Alida

MONDAY

6:15 am
On Your Mark HIIT
WR Bill

6:15 am
Group Blast
KDS, Rachael

6:15 am
Spinning
Spin Studio, Marsha

8 am
Group Centergy
KDS, Laurie
Live and Virtual

8 am
On Your Mark HIIT
WR Jason

9 am
Pilates
RR Annie

9:15 am
Group Active
KDS, Molly
Live and Virtual

9:15 am
Spin 30
Spin Studio, Laurie

10:30 am
Move 30
KDS, Annie

TUESDAY

6:15 am
Group Power
KDS, Laurie

7 am
On Your Mark HIIT
WR Alida

7:30 am
Group Core
KDS, Evan

8 am
Group Power
KDS, Evan

8:30 am
On Your Mark HIIT
WR Bill

8:30 am
Pilates
RR Annie

9 am
Group Power
KDS, Molly
Live and Virtual

9:30 am
Spinning
Spin Studio, Alida

10:30 am
Active Recovery
RR Alida

10:15 pm
3D30
KDS, Annie

WEDNESDAY

6:15 am
Move It
WR Bill

6:15 am
Spin
Spin Studio, Marsha

6:15 am
Group Fight
KDS, Laurie

7 am
On Your Mark HIIT
WR Alida

7:30 am
3D30
KDS, Mike

8 am
Group Centergy
KDS, Evan

8:15 am
Yoga Stretch
Levinson Hall, Marsha

8:15 am
Beginner Pilates
RR, Max

8:30 am
On Your Mark HIIT
WR Alida

9 am
Group Blast
KDS, Laurie

9:15 am
Spin 30
Spin Studio, Annie

10 am
Active Recovery
RR Annie

10:15 am
Group Active
KDS, Evan

THURSDAY

6:15 am
Group Power
KDS, Marsha

6:30 am
On Your Mark HIIT
WR Bill

7:30 am
Group Core
KDS, Laurie

8 am
Group Power
KDS, Laurie

8 am
On Your Mark HIIT
WR Alida

8:30 am
Stretch and Roll
RR Annie

9 am
Group Power
KDS, Molly
Live and Virtual

9 am
On Your Mark HIIT
WR Bill

9:30 am
Spinning
Spin Studio, Alida

10:45 am
Pilates
KDS, Annie

12 pm
Group Centergy
KDS, Annie

FRIDAY

6:15 am
Group Fight
KDS, Mike

6:30 am
On Your Mark HIIT
WR Jermaine

7:15 am
Blast 30
KDS, Molly

7:30 am
Spinning
Spin Studio, Evan

8 am
Group Centergy
KDS, Laurie
Live and Virtual

8 am
Yoga Stretch
Levinson Hall, Marsha

8:30 am
On Your Mark HIIT
RR Jermaine

9 am
Beginner Pilates
RR, Liv

9:15 am
Group Active
KDS, Molly
Live and Virtual

9:15 am
Yoga
RDS, Pamela

9:30 am
On Your Mark HIIT
WR Jermaine

10:30 am
Move 30
KDS, Evan

SATURDAY

8:30 am
On Your Mark HIIT
WR Jermaine

8:45 am
Group Blast
KDS, Evan

10 am
Group Centergy
KDS, Evan

11 am
Group Active
KDS, Evan

Room Key
KDS
Kaufmann Dance Studio

RDS
Robinson Dance Studio

RR
Recovery room

WR
Weight Room



Please be sure to check out the JCCPGH app for the room locations when you register.

Centerfit Platinum:
No fee

General Members:
4 classes for \$40

SUNDAY

HOLIDAY HOURS

New Year's Day

Thursday, January 1
Fitness Center open
8 am-2 pm

Check the
JCC PGH app
for any schedule
changes.

MONDAY

4 pm

On your Mark HIIT
WR, Michael

5 pm

Zumba
KDS, Wendy

5:15 pm

Pilates
RR, Alida

6 pm

Group Fight
KDS, Mike

6 pm

Spinning
Spin Studio, Molly

TUESDAY

5 pm

Group Power
KDS, Evan

5:15 pm

Muay Thai Boxing HIIT
WR, John

6 pm

Group Centergy
KDS, Evan

6:15 pm

Yoga
Levinson Hall, Taya

WEDNESDAY

5 pm

Pilates
RR, Alida

5:30 pm

Group Core
KDS, Mike

6 pm

Yoga
RR Natalie

6 pm

Group Fight
KDS, Mike

THURSDAY

4:15 pm

Zumba
KDS, Wendy

5:15 pm

Group Power
KDS, Evan

5:15 pm

Muay Thai Boxing HIIT
WR, John

5:30 pm

Pilates Flow
RR, Lauren

6:15 pm

Group Centergy
KDS, Evan

6:15 pm

Spinning
Spinning Studio, Lauren

New Years Day

Spin

9-10 AM with Marsha
in the Spin Room

3D30

9:15-9:45 AM
with Annie in KDS

Group Centergy

10-11 AM
with Annie in KDS

3D30 is a full-body, three dimensional, loaded movement training workout using the ViPR PRO. Enhance your coordination, agility and athletic performance in this efficient 30-minute HIIT workout.

Active Recovery is a low-intensity class that focuses on reducing muscle tightness and knots, and myofascial release. Massage guns, lacrosse balls, yoga straps, and static and dynamic stretching are used to help you recover faster and perform better.

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

Boot Camp is a structured, high intensity workout modeled after military style training. For the exerciser who needs additional motivation and a huge calorie burn.

Group Active is a one-hour workout that improves cardiovascular fitness, builds total-body strength and enhances Movement Health™, with a wide variety of exercises using dumbbells, body weight and the step.

Group Blast is 60 minutes of cardio training that uses the step in a wide variety of ways to get your heart pounding and sweat pouring as you improve your cardio fitness, agility, coordination, power and strength with exciting music and motivational coaching.

Group Centergy is 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.

Group Core gives you a stronger core, from your shoulders to your hips, in 30 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 Fight is a gripping hour combining the hottest, adrenaline-fueled MMA (mixed martial arts) movements from the boxing ring to the fighting cage with cutting-edge exercises from outside the octagon. Motivational coaching and exciting music will get you fighting fit.

Group Power is a one-hour, cutting edge strength training workout designed to get you muscle strong and movement strong. It combines traditional strength training with full-body exercises using an adjustable barbell, weight plates body weight, the step, heart pounding music and expert coaching.

MOVE30® will improve your movement health. In only 30 minutes, you will move with more ease, less restriction and increased confidence in everything you do.

Muay Thai Boxing HIIT is a HIIT-inspired class including combinations, defensive techniques, core and stabilization drills. Think punches, kicks, knees, footwork and balance. Bring your own boxing gloves (for sale at the desk); very limited supply to borrow.

On Your Mark HIIT is 45 minutes of intense training with brief recovery periods. Lift, carry, push, pull, kneel, jump/step/climb over something, move from the ground to standing, row, bike and run to create a big calorie burn and improve overall fitness. Modifications for everyone, no matter your fitness level.

Pilates is a low-impact mat class focused on building strength, stability, and flexibility throughout the body with a focus on the core.

Spinning And Spin 30 (30 minute format) is a group cycling class focusing on endurance, strength, intervals and recovery. Strengthen your heart, be kind to your joints, go easy on your knees and enhance your mental strength.

Stretch and Roll is a full-body class that targets specific muscles and tendons using a foam roller and lacrosse balls to increase flexibility, reduce tension and help you feel your best.

Yoga is a mind and body practice that combines physical postures, breathing techniques and meditation or relaxation to promote mental and physical well-being.