

JCC GROUP EXERCISE CLASSES • MORNING

FEBRUARY 2026

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 John	
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

RR
 Robinson Dance Studio

WR
 Recovery room
Weight Room

Centerfit Platinum:
 No fee
General Members:
 4 classes for \$40



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

SUNDAY

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 HITT
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

NEW!
4:15 pm
Blast 30
KDS, Alida

THURSDAY

4:15 pm
Zumba
KDS, Wendy

5:15 pm
Group Power
KDS, Evan

5:15 pm
Muay Thai Boxing HITT
WR, John

5:30 pm
Pilates Flow
RR, Lauren

6:15 pm
Group Centergy
KDS, Evan

6:15 pm
Spinning
Spinning Studio, Lauren

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 HITT 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.

February:

Feb. 6: Closed

Feb. 7: KDS Closed
Spinning
9-10 AM
with Evan

Feb. 9:
Active Launch
9:15 AM