

**SUNDAY**

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

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- 8:15 am**  
**Spinning**  
Spin Studio, Raelyn

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- 8:30 am**  
**Pilates**  
RR, Alida

---

- 9 am**  
**On Your Mark HIIT**  
WR Moya

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- 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

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- NEW!**
- 12 pm**  
**Zumba**  
KDS, Lauren K.

**MONDAY**

- 6:15 am**  
**On Your Mark HIIT**  
WR Bill

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- 6:15 am**  
**Group Blast**  
KDS, Rachael

---

- 6:15 am**  
**Spinning**  
Spin Studio, Marsha

---

- 8 am**  
**Group Centergy**  
KDS, Laurie  
*Live and Virtual*

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- 8 am**  
**On Your Mark HIIT**  
WR Jason

---

- 9 am**  
**Pilates**  
RR Annie

---

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

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- 9:15 am**  
**Spin 30**  
Spin Studio, Laurie

---

- 10:15 am**  
**Beginner Pilates**  
Recovery Room, Alida

---

- 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

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- 8:15 am**  
**Yoga Stretch**  
Levinson Hall, Marsha

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- 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

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- 8 am**  
**Mobility; Strength & Stretch**  
RR John W

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- 9 am**  
**Group Power**  
KDS, Molly  
*Live and Virtual*

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- 9 am**  
**On Your Mark HIIT**  
WR Bill

---

- 9:30 am**  
**Spinning**  
Spin Studio, Alida

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- 10:45 am**  
**Pilates**  
KDS, Annie

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- 12 pm**  
**Group Centergy**  
KDS, Annie

**FRIDAY**

- 6:15 am**  
**Group Fight**  
KDS, Mike

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- 6:30 am**  
**Mobility Muay Thai HIIT**  
WR John

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- 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

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- 9 am**  
**Beginner Pilates**  
RR, Liv

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

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- 9:15 am**  
**Yoga**  
RDS, Pamela

---

- 9:30 am**  
**On Your Mark HIIT**  
WR Jermaine

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- 10:30 am**  
**Move 30**  
KDS, Evan

**SATURDAY**

- 8:30 am**  
**On Your Mark HIIT**  
WR Jermaine

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- 8:45 am**  
**Group Blast**  
KDS, Evan

---

- 9:30 am**  
**On Your Mark HIIT**  
WR, Jermaine

---

- 10 am**  
**Group Centergy**  
KDS, Evan

---

- 11 am**  
**Group Active**  
KDS, Evan

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- Room Key**  
KDS  
Kaufmann Dance Studio

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- RDS**  
Robinson Dance Studio

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- RR**  
Recovery room

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- 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:**  
\$15 per class

**SUNDAY**

Check the JCC PGH app for any schedule changes.

**MONDAY**

**4 pm**  
On your Mark HIIT  
WR, Jason

**5 pm**  
Zumba  
KDS, Wendy

**5:15 pm**  
Pilates  
RR, Alida

**6 pm**  
Group Fight  
KDS, Mike

**6 pm**  
Spinning  
Spin Studio, Molly

**6:15 pm**  
Yoga  
Recovery Room, Fabiola

**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**

**NEW!**  
**4:15 pm**  
Blast 30  
KDS, Alida

**5 pm**  
Pilates  
RR, Alida

**5:30 pm**  
Group Core  
KDS, Mike

**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

**LAUNCHES**

**MAY 11**  
Group Active  
9:15 am



**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.