

**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

5

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9am- Circuit- Joanne

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6

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9am Circuit - Betsy  
10am- Classic- Betsy  
11:15am - Yoga- Soad.  
1:30pm- Line Dancing- Nancy  
2:30pm- PWR! Moves- Chuck

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7

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9am- TBSC- Soad  
10am- TBSC- Soad  
11:15am- Mindfulness Yoga- Kathy F.  
5pm- Zumba Bonnie

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1

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8am- Circuit- Susie  
9am- Circuit- Miranda  
10am- Classic- Susie  
11am - Classic- Susie  
1:15pm- IGIA- Erika

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2

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9am - Stability- Susie  
10am- Muscle Works Classic- Susie  
11am- TBSC - Susie  
5pm - Zumba - Bonnie

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3

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9am - Classic- Kelly  
10am- Circuit - Kelly  
11am - Mindfulness Yoga- Judy  
11am- Boom Muscle- Kelly  
12pm - Boom MIND- Kathy F.

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4

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9am- TBSC - Joanne  
10- Yoga- Joanne

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**HAPPY 4<sup>TH</sup> of JULY!**

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5

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9am- Circuit- Joanne

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6

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9am Circuit - Betsy  
10am- Classic- Betsy  
11:15am - Yoga- Soad.  
1:30pm- Line Dancing- Nancy  
2:30pm- PWR! Moves- Chuck

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9am- TBSC- Soad  
10am- TBSC- Soad  
11:15am- Mindfulness Yoga- Kathy F.  
5pm- Zumba Bonnie

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8

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8am- Circuit- Susie  
9am- Circuit- Miranda  
10am- Classic- Susie  
11am - Classic- Susie  
1:15pm- IGIA- Erika

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9

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9am - Stability- Susie  
10am- Muscle Works Classic- Susie  
11am- TBSC - Susie  
5pm - Zumba - Bonnie

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10

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9am - Classic- Joan  
9am - Boom Muscle- Soad  
10am- Circuit - Soad  
11am - Mindfulness Yoga- Judy  
11am- Boom Muscle- Kelly  
12pm - Boom MIND- Kathy F.

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11

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9am- TBSC - Joanne  
10- Yoga- Joanne

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12

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9am- Circuit- Betsy

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13

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9am Circuit - Betsy  
10am- Classic- Betsy  
11:15am - Yoga- Soad  
1:30pm- Line Dancing- Nancy  
2:30pm- PWR! Moves- Chuck

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14

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9am- TBSC- Soad  
10am- TBSC- Soad  
11:15am- Mindfulness Yoga- Judy  
5pm- Zumba Bonnie

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15

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8am- Circuit- Susie  
9am- Circuit- Miranda  
10am- Classic- Susie  
11am - Classic- Susie  
1:15pm- IGIA- Erika

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16

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9am - Stability- Susie  
10am- Muscle Works Classic- Susie  
11am- TBSC - Susie  
5pm- Zumba- Bonnie

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17

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9am - Classic- Joan  
9am - Boom Muscle- Soad  
10am- Circuit - Soad  
11am - Mindfulness Yoga- Judy  
11am- Boom Muscle- Kelly  
12pm - Boom MIND- Kathy F.

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18

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9am- TBSC- Joanne  
10- Yoga- Joanne

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19

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9am- Circuit- Joanne

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20

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9am Circuit - Betsy  
10am- Classic- Betsy  
11:15am - Yoga- Soad  
1:30pm- Line Dancing- Nancy  
2:30pm- PWR! Moves- Chuck

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21

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9am- TBSC- Soad  
10am- TBSC- Soad  
11:15am- Mindfulness Yoga- Judy  
5pm- Zumba Bonnie

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22

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8am- Circuit- Susie  
9am- Circuit- Miranda  
10am- Classic- Susie  
11am - Classic- Susie  
1:15pm- IGIA- Erika

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23

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9am - Stability- Susie  
10am- Muscle Works Classic- Susie  
11am- TBSC - Susie  
5pm- Zumba- Bonnie

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24

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9am - Classic- Joan  
9am - Boom Muscle- Soad  
10am- Circuit - Soad  
11am - Mindfulness Yoga- Judy  
11am- Boom Muscle- Kelly  
12pm - Boom MIND- Kathy F.

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25

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9am- TBSC - Betsy  
10- Yoga- Betsy

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26

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9am- Circuit- Betsy

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27

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9am Circuit - Betsy  
10am- Classic- Betsy  
11:15am - Yoga- Soad  
1:30pm- Line Dancing- Nancy  
2:30pm- PWR! Moves- Chuck

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28

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9am- TBSC- Soad  
10am- TBSC- Soad  
11:15am- Mindfulness Yoga- Judy  
5pm- Zumba Bonnie

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29

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8am- Circuit- Susie  
9am- Circuit- Miranda  
10am- Classic- Susie  
11am - Classic- Susie  
1:15pm- IGIA- Erika

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30

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9am - Stability- Susie  
10am- Muscle Works Classic- Susie  
11am- TBSC - Susie  
5pm- Zumba- Bonnie

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31

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9am - Classic- Joan  
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10am- Circuit - Soad  
11am - Mindfulness Yoga- Judy  
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25

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9am- TBSC - Betsy  
10- Yoga- Betsy

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**Line Dancing**

Get ready to kick up your heels and have a blast! Line Dancing is a lively, feel-good class for adults 18 and up who want to stay active, meet new friends, and dance their way to better health. Whether you're a seasoned dancer or have two left feet, this low-impact, mid-intensity class makes it easy to follow along and have fun. We groove to upbeat music with simple, pre-choreographed steps that make you feel like you're a part of the show. No partner needed, bring your energy and a smile — we'll take care of the rhythm!

**Mindfulness Yoga for Older Adults**

This class is for anyone interested in practicing yoga with an emphasis on mind/body awareness. Whether sitting or standing, the exercises will be step by step, allowing each student to work with their own abilities and challenges. Modifications and guidance will be offered, particularly getting into and out of postures. The first half of class will be standing, with chair support if needed, and the last half will be floor practice on mats or seated.

**Muscle Works Classic**

45 minutes of exercise focused on strength and functional fitness movements using weights, bands and a ball. Chairs available for support.

**PWR! Moves®**

PWR! Moves® (Parkinson Wellness Recovery) is a research-backed program designed specifically for individuals with Parkinson's disease. It uses functional, whole-body movements to address motor symptoms and support daily mobility. The exercises target multiple key areas affected by Parkinson's, including posture, trunk mobility, transitions, and intentional movement. Most exercises will be performed in a chair, but some may include standing or even floor work using mats. Modifications will be offered based on each person's mobility level.

**Line Dancing: \$5 member/\$10 non-member**  
**PWR! Moves: Free for members/\$10 non-member**  
 Purchase classes at front desk

**SilverSneakers® Boom Mind**

The best of yoga and Pilates combined in an intermediate to advanced mind-body mat workout. Participants may work from a standing or floor position.

**SilverSneakers® Boom Muscle**

A 45 minute intermediate to advanced class, with weights provided, that improves strength, endurance and balance.

**SilverSneakers® Circuit**

A standing circuit workout, with upper body strength work with hand-held weights, elastic tubing with handles, a SilverSneakers® ball and low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

**SilverSneakers® Classic**

Have fun and move to the music with a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

**SilverSneakers Stability**

Standing class designed to decrease the risk of falls with a focus on improving balance and lower body strength

**SilverSneakers® Yoga**

SilverSneakers® Yoga moves your whole body through a complete series of yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Total Body Step Circuit (TBSC)**

Move to the music during low-impact aerobics steps and circuit training using weights and resistance bands. Chairs available for support.

**Zumba Gold®**

Move and groove your way to a healthy body. This Latin dance-inspired workout is choreographed for beginners and serious seniors.

*\*Tuesday 9am and 10am classes will take place in the gym.*

**New Program for Summer!**

**IGIA Movement for Health:**

Wednesdays, 1:15pm - 2:00pm

A somatic movement chair-based practice focused on improving physical, emotional and mental well-being.

It uses the brain-body connection to alleviate tension and encourage pain-free aging while improving balance, posture and coordination.

\*Free to all members.

Please register in the JCCPGH App.