

SUNDAY**MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****SATURDAY**

2

9am- Circuit-
Betsy

9

9am- Circuit-
Betsy

16

9am- Circuit-
Betsy

23

9am- Circuit-
Joanne

30

**NO CLASSES
BLOOD DRIVE**

3

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

10

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

17

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

24

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

31

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

4

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

11

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

18

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

25

9am- TBSC- Soad
10am- TBSC- Soad
11:15am- Mindfulness
Yoga- Judy
5pm- Line Dancing -
Nancy (free to all)

5

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

12

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

19

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

26

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

**Always check the
JCC Pittsburgh App
For the most
up to date
information
on classes!**

6

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

13

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

20

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

27

9am - Stability- Susie
10am- Muscle Works
Classic- Susie
11am- TBSC - Susie
5pm- Line Dancing -
Nancy (free to all)

7

9am - Classic- Joan
11am - Mindfulness
Yoga- Judy
11am- BOOM
Muscle- Miranda
12pm - Boom MIND-
Kathy F.

14

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

21

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

28

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

1

9am- TBSC - Joanne
10- Yoga- Joanne

8

9am- TBSC - Betsy
10- Yoga- Betsy

15

9am- TBSC - Joanne
10- Yoga- Joanne

22

9am- TBSC- Joanne
10- Yoga- Joanne

29

9am- TBSC - Joanne
10- Yoga- Joanne

**All classes the week of
August 15 - 22 will be outside under the tent or in the gym,
weather permitting!**

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.**

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.

Tai Chi Workshop!

Tai Chi is a gentle exercise that relieves muscle tension, promotes balance and enhances flow. Movements are slow and methodical, promoting peace and stability.

Join us for a free workshop on Tuesdays

August 11th, 18th and 25th

10am and 11am

Register in the JCCPGH App