

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

9 am
DEKA Forge
Olga

7 am
DEKA Forge
Lori

8am
Gentle Yoga
Betsy

7am
DEKA Burn
Lori

6 am
Group Core
Laura

8 am
Group Power
Jenny/Kris

9 am
Group Power
Jenny/Kris

10:00am
Yoga
Kenn

8 am
Group Power
Jenny

9 am
Group Active
Elaine

7 am
Group Power
Kris

6:30 am
Group Centergy
30 min
Laura

10:00am
LIIT
Kelly

Make
reservations
through the
"JCC Pittsburgh"
app

9 am
Group Power
Jenny

10 am
Group Centergy
101
Patti

8 am
Group Power
Jenny

9 am
Group Active
Elaine

DEKA Classes \$10
per class or free
with Fitness Plus

10 am
DEKA Forge
Kelly

12 pm
DEKA Burn
Elie

9 am
Group Active
Kelly

10 am
Group Centergy
Patti

5 pm
Core Conditioning
Soad

10 am
Cardio HIIT
Soad

12 pm
DEKA Grit
Kelly

5pm
Zumba Gold
Bonnie

10 am
DEKA Burn
Kelly

5 pm
Zumba Gold
Bonnie

5:30 pm
Group Core
Laura

11:15 am
Yoga
Kenn

6 pm
DEKA Grit
Olga

6 pm
Group Centergy
Laura

5 pm
Core Conditioning
Soad

6 pm
DEKA Burn
Olga



Beyond Yoga

Rooted in Hatha Yoga, this practice challenges the body and goes beyond the mat, focusing on strength, core, mobility and balance.

Cardio HIIT

Cardio HIIT is a high-intensity interval training (HIIT) workout that uses a step, dynamic bodyweight exercises and light weights to improve power and increase strength and cardio endurance.

Core Conditioning

This low-impact class will help you strengthen your core muscles and improve your posture and movement using a variety of equipment and your own bodyweight.

Gentle Yoga

Appropriate for all levels and abilities, this class incorporates yoga poses and gentle stretching.

Group Active

Get all the fitness you need—cardio, strength, balance and flexibility—in just one hour. With inspiring music, adjustable dumbbells and body weight exercises and simple athletic movements, this class is for everyone.

Group Centergy & Group Centergy 30

A 30 or 60-minute journey that combines yoga and Pilates, enabling you to center your energy and relieve stress.

Group Core

This class gives you a stronger core from your shoulders to hips, in 30-minute 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 Power

This 60-minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. Group Power is for all ages and fitness levels.

NEW CLASS: starting July 10

LIIT: Light Intensity Interval Training

Light Intensity Interval Training is a workout that alternates between periods of higher and lower intensity exercise at moderate effort levels.

On your Mark HIIT

45 minutes of intense training with brief recovery periods. Lift, carry, push, kneel, step, jump, climb for a big calorie burn and improve your overall fitness. Modifications available. All are welcome! Ages 15 +

Yoga

This class is based in the Hatha Yoga style and incorporates yoga poses and flow.

Upgrade to Fitness Plus Today!

- Unlimited aquatics classes
- Unlimited Pickleball open play
- Unlimited DEKA Classes
- 10% off personal training
- Discounts on massage
- Access to all virtual and on demand content
- Access to Squirrel Hill Centerfit Platinum and classes
- Free guest privileges: one general access guest per visit

\$40 per month

FORGE

BURN

GRIT

The DEKA Training System consists of weekly workouts in three different formats to cover the three pillars of fitness. Each class uses 10 zones of strength and cardio stations, but with different work/rest intervals. Doing each format each week helps you train with a purpose.

Classes are designed for all ages with modifications available.

DEKA Forge (Strength and Power)

A Forge class is where you will build lean muscle. This circuit is 30 seconds work/30 seconds rest.

DEKA Burn (Anaerobic Conditioning)

This is your time to sweat and burn calories. The Burn circuit is 60 seconds work/30 seconds rest.

DEKA Grit- (Endurance/Stamina)

Build Grit and train to go longer, farther, and faster. The Grit circuit is 90 seconds work/30 seconds rest.

For more information
Kelly Hont
khont@jccpgh.org

