

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

		1 9am- TBSC- Soad 10am- TBSC- Soad 11:15am- Mindfulness Yoga- Kathy F. 1:15pm- IGIA- Erika 5pm- Zumba Bonnie	2 8am- Circuit- Susie 9am- Circuit- Kathy 10am- Classic- Susie 11am - Classic- Susie 1:15pm- IGIA- Erika	3 9am - Stability- Susie 10am- Muscle Works Classic- Susie 11am- TBSC - Susie 5pm - Zumba - Bonnie	4 9am - Classic- Joan 9am - Boom - Soad 11am - Mindfulness Yoga- Judy 11am- Boom - Kathy 12pm - Boom MIND- Kathy F.	5 9am- TBSC - Joanne 10- Yoga- Joanne
6 9am- Circuit- Betsy	7 Fitness Center and Pool 8am - 2pm 9am - Circuit- Kathy 10am - Classic - Betsy	8 9am- TBSC- Soad 10am- TBSC- Soad 11:15am- Mindfulness Yoga- Kathy F. 5pm- Zumba Bonnie	9 8am- Circuit- Susie 9am- Circuit- Kathy 10am- Classic- Susie 11am - Classic- Susie 1:15pm- IGIA- Erika	10 9am - Stability- Susie 10am- Muscle Works Classic- Susie 11am- TBSC - Susie 5pm - Zumba - Bonnie	11 9am - Classic- Joan 9am - Boom- Soad 10am- Circuit - Soad 11am - Mindfulness Yoga- Judy 11am- Boom Kathy 12pm - Boom MIND- Kathy F.	12 JCC CLOSED
13 JCC CLOSED	14 9am Circuit - Kathy 10am- Classic- Betsy 11:15am - Yoga- Soad 1:30pm- Line Dancing- Nancy 2:30pm- PWR! Moves- Chuck	15 9am- TBSC- Soad 10am- TBSC- Soad 11:15am- Mindfulness Yoga- Judy 1:15pm- IGIA- Erika 5pm- Zumba Bonnie	16 8am- Circuit- Susie 9am- Circuit- Kathy 10am- Classic- Susie 11am - Classic- Susie 12:30pm - Beginner Tap - Kathy 1:30- Intermed. Tap - Kathy W	17 9am - Stability- Susie 10am- Muscle Works Classic- Susie 11am- TBSC - Susie 5pm - Zumba - Bonnie	18 9am - Classic- Joan 9am - Boom- Soad 10am- Circuit - Soad 11am - Mindfulness Yoga- Judy 11am- Boom Kathy 12pm - Boom MIND- Kathy F. 1pm Show Tunes 2pm Advanced Tap Kathy	19 9am- TBSC- Joanne 10- Yoga- Joanne
20 9am- Circuit- Betsy	21 JCC CLOSED	22 9am- TBSC- Soad 10am- TBSC- Soad 11:15am- Mindfulness Yoga- Judy 1:15pm- IGIA- Erika 5pm - Zumba - Bonnie	23 8am- Circuit- Susie 9am- Circuit- Kathy 10am- Classic- Susie 11am - Classic- Susie 12:30pm - Beginner Tap - Kathy 1:30- Intermed. Tap - Kathy	24 9am - Stability- Susie 10am- Muscle Works Classic- Susie 11am- TBSC - Susie 5pm - Zumba - Bonnie	25 9am - Classic- Joan 9am - Boom- Soad 10am- Circuit - Soad 11am - Mindfulness Yoga- Judy 11am- Boom Kathy 12pm - Boom MIND- Kathy F. 1pm Show Tunes 2pm Advanced Tap Kathy	26 JCC CLOSED
27 9am- Circuit- Joanne	28 9am Circuit - Kathy 10am- Classic- Betsy 11:15am - Yoga- Soad 1:30pm- Line Dancing- Nancy 2:30pm- PWR! Moves- Chuck	29 9am- TBSC- Soad 10am- TBSC- Soad 11:15am- Mindfulness Yoga- Judy 1:15pm- IGIA- Erika 5pm - Zumba - Bonnie	30 8am- Circuit- Susie 9am- Circuit- Kathy 10am- Classic- Susie 11am - Classic- Susie 12:30pm - Beginner Tap - Kathy 1:30- Intermed. Tap - Kathy	Always check the JCC Pittsburgh App For the most up to date information on classes!		

IGIA for Movement Health

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.

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.

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. 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.**

Dance is back for fall!

Starting September 16

Adult Beginner Tap: Wednesdays 12:30 - 1:30pm

The perfect class for adults who are new to tap or returning after time away. Learn basic tap techniques, rhythms, and combinations in a fun, supportive environment while building coordination, confidences, and a love for dance.

Adult Intermediate Tap: Wednesdays 1:30 - 2:30pm

This class is designed for dancers with previous tap experience who are ready to build on their skills. Explore more challenging rhythms, combinations, and technique while improving musicality, coordination, and performance in a fun, encouraging environment.

Adult Advanced Tap: Thursdays 1:15pm - 2:15pm

The next step for experienced tappers looking to refine their technique and tackle more complex rhythms, combinations, and choreography. This fast-paced, energetic class challenges dancers while fostering musicality, precision, and confidence in a supportive and engaging environment.

Member Only, Ages 18 and older

\$10 per class

Show Tunes: September 18 - October 23

\$40 per session, register at the front desk

Private Tap Instruction Available: a one-on-one tap class tailored to your skill level and goals.
 Appointment Required, \$30 per half hour
 Member Only

Contact Kathy Wayne at kwayne@jccpgh.org for more information

