

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

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

4

9am- Circuit-  
Betsy

11

9am- Circuit-  
Joann

18

9am- Circuit-  
Betsy

25

**Blood Drive**  
**No Classes**

5

9am Circuit - Kathy  
10am- Classic- Betsy  
11:15am - Yoga- Soad  
1:30pm- Line Dancing-  
Nancy

12

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

19

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

26

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

6

9am- TBSC- Soad  
10am- TBSC- Soad  
11:15am- Mindfulness  
Yoga- Judy  
1:15pm- IGIA- Erika  
5pm- Zumba Bonnie

13

9am- TBSC- Soad  
10am- TBSC- Soad  
11:15am- Mindfulness  
Yoga- Judy  
1:15pm- IGIA- Erika  
5pm- Zumba Bonnie

20

9am- TBSC- Soad  
10am- TBSC- Soad  
11:15am- Mindfulness  
Yoga- Judy  
1:15pm- IGIA- Erika  
5pm - Zumba - Bonnie

27

9am- TBSC- Soad  
10am- TBSC- Soad  
11:15am- Mindfulness  
Yoga- Judy  
1:15pm- IGIA- Erika  
5pm - Zumba - Bonnie

7

8am- Circuit- Susie  
9am- Circuit- Kathy  
10am- Classic- Susie  
11am - Classic- Susie  
12:30pm - Beginner  
Tap - Kathy  
1:30- Intermed. Tap -  
Kathy W

14

8am- Circuit- Susie  
9am- Circuit- Kathy  
10am- Classic- Susie  
11am - Classic- Susie  
12:30pm - Beginner  
Tap - Kathy  
1:30- Intermed. Tap -  
Kathy W

21

8am- Circuit- Susie  
10am- Classic- Susie  
11am - Classic- Susie

28

8am- Circuit- Susie  
10am- Classic- Susie  
11am - Classic- Susie

1

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

8

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

15

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

22

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

29

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

2

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

9

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

16

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

23

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

30

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

3

**JCC CLOSED**

10

9am- TBSC - Joanne  
10- Yoga- Joanne

17

9am- TBSC- Joanne  
10- Yoga- Joanne

24

9am- TBSC- Joanne  
10- Yoga- Joanne

31

9am- TBSC- Joanne  
10- Yoga- Joanne

**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.

**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.

**Line Dancing: \$5 member/\$10 non-member**

**PWR! Moves: Free for members/\$10 non-member**

**Purchase classes at front desk**

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

**Dance will return in January!**