

SUNDAY

8:15 am
Group Power
KDS, Molly
Live and Virtual

8:30 am
Pilates
RR, Alida

9 am
On Your Mark HIIT
WR Moya

9:30 am
Group Fight
KDS, Lauren

9:30 am
Spinning
Spin Studio, Molly

10:30 am
Yoga
KDS, Moya

11 am
On Your Mark HIIT
WR Alida

NEW!
12 pm
Zumba
KDS, Lauren K.

MONDAY

6:15 am
On Your Mark HIIT
WR Bill

6:15 am
Group Blast
KDS, Rachael

6:15 am
Spinning
Spin Studio, Marsha

8 am
Group Centergy
KDS, Laurie
Live and Virtual

8 am
On Your Mark HIIT
WR Jason

9 am
Pilates
RR Annie

9:15 am
Group Active
KDS, Molly
Live and Virtual

9:15 am
Spin 30
Spin Studio, Laurie

10:15 am
Beginner Pilates
Recovery Room, Alida

10:30 am
Move 30
KDS, Annie

TUESDAY

6:15 am
Group Power
KDS, Laurie

7 am
On Your Mark HIIT
WR Alida

7:30 am
Group Core
KDS, Evan

8 am
Group Power
KDS, Evan

8:30 am
On Your Mark HIIT
WR Bill

8:30 am
Pilates
RR Annie

9 am
Group Power
KDS, Molly
Live and Virtual

9:30 am
Spinning
Spin Studio, Alida

10:15 am
3D30
KDS, Annie

10:30 am
Power Pilates & Flow
RR Alida

WEDNESDAY

6:15 am
Move It
WR, Bill

6:15 am
Spin
Spin Studio, Marsha

6:15 am
Group Fight
KDS, Laurie

7 am
On Your Mark HIIT
WR, John

7:30 am
3D30
KDS, Mike

8 am
Group Centergy
KDS, Evan

8:15 am
Yoga Stretch
Levinson Hall, Marsha

8:15 am
Beginner Pilates
RR, Max

8:30 am
On Your Mark HIIT
WR Alida

9 am
Group Blast
KDS, Laurie

9:15 am
Spin 30
Spin Studio, Annie

10:15 am
Group Active
KDS, Evan

THURSDAY

6:15 am
Group Power
KDS, Marsha

6:30 am
On Your Mark HIIT
WR Bill

7:30 am
Group Core
KDS, Laurie

8 am
Group Power
KDS, Laurie

8 am
NEW!
Mobility; Strength & Stretch
RR John W

8 am
On Your Mark HIIT
WR Bill

9 am
Group Power
KDS, Molly
Live and Virtual

9 am
On Your Mark HIIT
WR Bill

9:30 am
Spinning
Spin Studio, Alida

NEW! Starting 10/8
10:30 am
Blast 30
KDS, Alida

10:45 am
Pilates
RR, Annie

12 pm
Group Centergy
RR, Annie

FRIDAY

6:15 am
Group Fight
KDS, Mike

6:30 am
On Your Mark HIIT
WR John

7:15 am
Blast 30
KDS, Molly

7:30 am
Spinning
Spin Studio, Evan

8 am
Group Centergy
KDS, Laurie
Live and Virtual

8 am
Yoga Stretch
Levinson Hall, Marsha

8:30 am
On Your Mark HIIT
RR John

9 am
Beginner Pilates
RR, Liv

9:15 am
Group Active
KDS, Molly
Live and Virtual

9:15 am
Yoga
RDS, Pamela

9:30 am
On Your Mark HIIT
WR John

10:30 am
Move 30
KDS, Evan

SATURDAY

8:30 am
On Your Mark HIIT
WR Jermaine

8:45 am
Group Blast
KDS, Evan

9:30 am
On Your Mark HIIT
WR, Jermaine

10 am
Group Centergy
KDS, Evan

11 am
Group Active
KDS, Evan

Room Key
KDS
Kaufmann Dance Studio

RDS
Robinson Dance Studio

RR
Recovery room

WR
Weight Room

Centerfit Platinum:
No fee

General Members:
\$15 per class

JCC
PGH

Please be sure to check out the JCCPGH app
for the room locations when you register.

SUNDAY

Check the
JCC PGH app
for any schedule
changes.

MONDAY

4 pm
On your Mark HIIT
WR, Jason

5 pm
Zumba
KDS, Wendy

5:15 pm
Pilates
RR, Alida

6 pm
Group Fight
KDS, Mike

6 pm
Spinning
Spin Studio, Molly

TUESDAY

5 pm
Group Power
KDS, Evan

5:15 pm
On Your Mark HITT
WR, John

6 pm
Group Centergy
KDS, Evan

6:15 pm
Yoga
Levinson Hall, Taya

WEDNESDAY

5 pm
Pilates
RR, Alida

5:30 pm
Group Core
KDS, Mike

6 pm
Group Fight
KDS, Mike

THURSDAY

4:15 pm
Zumba
KDS, Wendy

5:15 pm
Group Power
KDS, Evan

5:15 pm
On Your Mark HITT
WR, John

5:30 pm
Pilates Flow
RR, Lauren

6:15 pm
Group Centergy
KDS, Evan

6:15 pm
Spinning
Spinning Studio, Lauren

LAUNCH DATES:

Wednesday, October 7
Group Centergy - 8 am
Group Blast - 9 am

Friday, October 9
Group Fight - 6:15 am

Friday, October 23
Move 30 - 10:30 am

Tuesday, October 27
3D30 - 10:15 am

3D30 is a full-body, three dimensional, loaded movement training workout using the VIPR PRO. Enhance your coordination, agility and athletic performance in this efficient 30-minute HIIT workout.

Beginners Pilates Learn the basics while building strength, stability and flexibility.

Group Active is a one-hour workout that improves cardiovascular fitness, builds total-body strength and enhances Movement Health™, with a wide variety of exercises using dumbbells, body weight and the step.

Group Blast is 60 minutes of cardio training that uses the step in a wide variety of ways to get your heart pounding and sweat pouring as you improve your cardio fitness, agility, coordination, power and strength with exciting music and motivational coaching.

Group Centergy is an invigorating 60-minute full-body workout that incorporates yoga and Pilates fundamentals with athletic training for strength, balance, mobility and flexibility. Emotive music drives the experience as you breathe and sweat through this movement journey.

Group Core gives you a stronger core, from your shoulders to your hips, in 30 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 Fight is a gripping hour combining the hottest, adrenaline-fueled MMA (mixed martial arts) movements from the boxing ring to the fighting cage with cutting-edge exercises from outside the octagon. Motivational coaching and exciting music will get you fighting fit.

Group Power is a one-hour, cutting edge strength training workout designed to get you muscle strong and movement strong. It combines traditional strength training with full-body exercises using an adjustable barbell, weight plates body weight, the step, heart pounding music and expert coaching.

Mobility Strength & Stretch Reclaim the explosive athleticism and fluid movement of your prime with this high-impact, 45-minute mobility clinic. Designed for active adults who feel "stuck," we bridge the gap between deep restorative stretching and functional strength to help you break thru your current physical plateaus. Stop working around your limitations and start building the physical trust required to move like an athlete again.

MOVE30® will improve your movement health. In only 30 minutes, you will move with more ease, less restriction and increased confidence in everything you do.

On Your Mark HIIT is 45 minutes of intense training with brief recovery periods. Lift, carry, push, pull, kneel, jump/step/climb over something, move from the ground to standing, row, bike and run to create a big calorie burn and improve overall fitness. Modifications for everyone, no matter your fitness level.

Pilates is a low-impact mat class focused on building strength, stability, and flexibility throughout the body with a focus on the core.

Power Pilates & Flow Ignite your core and find your rhythm in this dynamic, high-energy fusion class. By blending the deep core-strengthening precision of Pilates with the fluid, athletic movement of a yoga flow, this class delivers the ultimate full-body workout. You will sculpt lean muscle, improve your mobility, and build total-body strength through a mix of high-repetition, low-impact movements and creative, breath-to-movement sequences.

Spinning And Spin 30 (30 minute format) is a group cycling class focusing on endurance, strength, intervals and recovery. Strengthen your heart, be kind to your joints, go easy on your knees and enhance your mental strength.

Yoga is a mind and body practice that combines physical postures, breathing techniques and meditation or relaxation to promote mental and physical well-being.

