JCC South Hills Group Exercise and DEKA Class Schedule

November 2026

SUNDAY

9 am
DEKA Forge
Olga

10:00am
Yoga
Kenn

MONDAY

7 am
DEKA Forge
Lori C.

8 am
Group Power
Jenny

9 am
Group Power
Jenny

9 am
LIIT
Elizabeth

10 am
DEKA Forge
Kelly

5 pm
Core Conditioning
Soad

TUESDAY

8 am
Gentle Yoga
Betsy

8 am
Full Body Function
Miranda

9 am
Group Active
Elaine

10 am
Group Centergy 101
Patti

10:30 am
LIIT
Elizabeth

12 pm
DEKA Burn
Elizabeth

5 pm
Zumba Gold
Bonnie

5:30 pm
Group Core
Laura

6 pm
Group Centergy
Laura

6 pm
DEKA Burn
Olga

WEDNESDAY

7am
DEKA Burn
Lori C.

8 am
Group Power
Jenny

9 am
Group Active
Kelly

10 am
Cardio HIIT
Soad

10 am
DEKA Burn
Kelly

11:15 am
Yoga
Kenn

5 pm
Core Conditioning
Soad

THURSDAY

6 am
Group Core
Laura

6:30 am
Group Centergy 30 min
Laura

8 am
Full Body Function
Miranda

9 am
Group Active
Elaine

10:30 am
LIIT
Elizabeth

10 am
Group Centergy
Patti

12 pm
DEKA Grit
Kelly

5 pm
Zumba Gold
Bonnie

6 pm
DEKA Grit
Olga

FRIDAY

8 am
Group Power
Jenny

10 am
LIIT
Kelly

SATURDAY

9 am
Group Power
Jenny

ON YOUR MARK FITNESS
JCCPGH
DEKA AFFILIATE

JCC PGH

Please refer to JCCPGH App for the latest updates on classes!

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.

Full Body Function
This is an infomrative workout designed to teach proper body mechanicsand form during exercise, progressively.

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-minutejourneythat 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.

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 and DEKA classes
- Unlimited Pickleball open play
- 10% off personal training
- NEW Classes: LIIT and Full Body Function
- NEW: Quarterly Coaching Consult
- NEW: Quarterly Kinotek Assessment
- Free guest privileges: one general access guest per visit
- Access to all virtual and
- on demand content
- Access to Squirrel Hill Centerfit
- Platinum and classes

$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 classes uses 10 zones of strength and cardio stations, but with different work/rest intervals. Doing each format each week help 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

ON YOUR MARK FITNESS
JCCPGH
DEKA AFFILIATE