JCC GROUP EXERCISE CLASSES • MORNING — NOVEMBER 2026

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*

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
RDS *Annie*

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

9:15 am
Spin 30
Spin Studio, *Laurie*

10:15 am
Beginner Pilates
RDS, *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 am
NEW!
Mobility, Strength & Stretch
RR, *John*

8:30 am
On Your Mark HIIT
WR *Bill*

8:30 am
Pilates
RDS *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
RDS *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
RDS, *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!
10:30 am
Blast 30
KDS, *Alida*

10:45 am
Pilates
RDS, *Annie*

12 pm
Group Centergy
RDS, *Annie*

FRIDAY

6:15 am
Group Fight
KDS, *Mike*

6:30 am
On Your Mark HIIT
WR *John*

7:15 am
Blast 30
KDS, *Laurie*

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.

JCC GROUP EXERCISE CLASSES • EVENING

NOVEMBER 2026

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*

GROUP ACTIVE LAUNCH:

Monday, November 2
9:15 am

THANKSGIVING:

Thursday, November 26
Turkey Burn Spin - 9 am
Zumba - 11 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.

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