# JCC South Hills Older Adult Group Exercise Classes — December 2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| | | 1<br>9am- TBSC- Soad<br>10am- TBSC- Soad<br>11:15am- Mindfulness Yoga- Kathy F.<br>1:15pm- IGIA- Erika<br>5pm- Zumba Bonnie | 2<br>9am- Circuit- Elizabeth<br>11am - Classic- Soad<br>2:30pm- PWR! Moves- Chuck | 3<br>9am - Stability- Kelly<br>10am- Muscle Works Classic- Kelly<br>11am- TBSC - Soad<br>5pm - Zumba - Bonnie | 4<br>9am - Classic- Joan<br>9am - Boom- Soad<br>10am- Circuit - Soad<br>11am - Mindfulness Yoga- Kathy F.<br>11am- Boom Kelly<br>12pm - Boom MIND- Kathy F. | 5<br>9am- TBSC - Joanne<br>10- Yoga- Joanne |
| 6<br>9am- Circuit- Joanne | 7<br>9am Circuit - Betsy<br>10am- Classic- Betsy<br>11:15am - Yoga- Soad<br>1:30pm- Line Dancing- Nancy | 8<br>9am- TBSC- Soad<br>10am- TBSC- Soad<br>11:15am- Mindfulness Yoga- Judy<br>1:15pm- IGIA- Erika<br>5pm- Zumba Bonnie | 9<br>8am- Circuit- Susie<br>9am- Circuit- Elizabeth<br>10am- Classic- Susie<br>11am - Classic- Susie<br>2:30pm- PWR! Moves- Chuck | 10<br>9am - Stability- Susie<br>10am- Muscle Works Classic- Susie<br>11am- TBSC - Susie<br>5pm - Zumba - Bonnie | 11<br>9am - Classic- Joan<br>9am - Boom- Soad<br>10am- Circuit - Soad<br>11am - Mindfulness Yoga- Judy<br>11am- Boom Elizabeth<br>12pm - Boom MIND- Kathy F. | 12<br>9am- TBSC - Joanne<br>10- Yoga- Joanne |
| 13<br>9am- Circuit- Betsy | 14<br>9am Circuit - Betsy<br>10am- Classic- Betsy<br>11:15am - Yoga- Soad<br>1:30pm- Line Dancing- Nancy<br>2:30pm- PWR! Moves- Chuck | 15<br>9am- TBSC- Soad<br>10am- TBSC- Soad<br>11:15am- Mindfulness Yoga- Judy<br>1:15pm- IGIA- Erika<br>5pm- Zumba Bonnie | 16<br>8am- Circuit- Susie<br>9am- Circuit- Elizabeth<br>10am- Classic- Susie<br>11am - Classic- Susie | 17<br>9am - Stability- Susie<br>10am- Muscle Works Classic- Susie<br>11am- TBSC - Susie<br>5pm - Zumba - Bonnie | 18<br>9am - Classic- Joan<br>9am - Boom- Soad<br>10am- Circuit - Soad<br>11am - Mindfulness Yoga- Judy<br>12pm - Boom MIND- Kathy F. | 19<br>9am- TBSC- Joanne<br>10- Yoga- Joanne |
| 20<br>9am- Circuit- Joanne | 21<br>9am Circuit - Betsy<br>10am- Classic- Betsy<br>11:15am - Yoga- Soad<br>1:30pm- Line Dancing- Nancy<br>2:30pm- PWR! Moves- Chuck | 22<br>9am- TBSC- Soad<br>10am- TBSC- Soad<br>11:15am- Mindfulness Yoga- Judy<br>5pm - Zumba - Bonnie | 23<br>8am- Circuit- Susie<br>9am- Circuit- Elizabeth<br>10am- Classic- Susie<br>11am - Classic- Susie | 24<br>9am - Stability- Susie<br>10am- Muscle Works Classic- Susie<br>11am- TBSC - Susie<br>**Close at 5pm** | 25<br>**Christmas Day**<br>**No Classes**<br>**8am - 5pm** | 26<br>9am- TBSC- Joanne<br>10- Yoga- Joanne |
| 27<br>**No Class**<br>**Blood Drive** | 28<br>9am Circuit - Betsy<br>10am- Classic- Betsy<br>11:15am - Yoga- Soad<br>1:30pm- Line Dancing- Nancy<br>2:30pm- PWR! Moves- Chuck | 29<br>9am- TBSC- Soad<br>10am- TBSC- Soad<br>11:15am- Mindfulness Yoga- Judy<br>5pm - Zumba - Bonnie | 30<br>8am- Circuit- Susie<br>9am- Circuit- Elizabeth<br>10am- Classic- Susie<br>11am - Classic- Susie | 31<br>9am - Stability- Susie<br>10am- Muscle Works Classic- Susie<br>11am- TBSC - Susie<br>**Close at 5pm** | **New Year's Day**<br>**No Classes**<br>**Fitness and Pool**<br>**8am - 5pm** | **Always check the JCC Pittsburgh App For the most up to date information on classes!** |

# JCC South Hills Older Adult Group Exercise Classes

December 2026

## 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 coodination.

## 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!**

Make reservations through the "JCC Pittsburgh" app. For more info, contact Kelly Hont· khont@jccpgh.org