SilverSneakers® Class Schedule

HEALTHWAYS SilverSneakers® FITNESS

MONDAY

10:15 am
Stability
Levinson B
Karen

11:15 am
Circuit
Levinson B
Karen

12:15 pm
Yoga
Levinson B
Karen

1:15 pm
Classic
Levinson B
Cyndi

TUESDAY

10 am
Stability
Levinson B
Karen

1 pm
Classic
Levinson B
Marsha

WEDNESDAY

10:15 am
Circuit
Levinson B
Marsha

THURSDAY

FRIDAY

10 am
Circuit
Levinson B
Marsha

11 am
Yoga
Levinson B
Marsha

SilverSneakers® CIRCUIT

LEVINSON B

Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head-to-toe stretching, and complete relaxation in a comfortable position.
Note: This class is for people who are comfortable standing to exercise for 30 – 40 minutes. Sneakers are required. Free to SilverSneakers® Members.

SilverSneakers® CLASSIC

LEVINSON B

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support. This class is appropriate for all fitness levels. Sneakers are required.

Shoes are required for all classes except yoga - socks are appropriate.

SilverSneakers®YOGA

LEVINSON B Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class may be taken in sneakers or socks and is appropriate for all fitness levels.

SilverSneakers® Stability

A SilverSneakers Stability class is a fitness class designed to improve balance, coordination, and strength, primarily for seniors, to help prevent falls. The classes include exercises like walking, balance variations, and agility-like courses, often with modifications and chair support for safety and to accommodate different skill levels.

For SilverSneakers class members have three days in advance to register. If space is available then AgeWell members have one day in advance to register for SilverSneakers classes.

Contact Marsha Mullen for more information
412-339-5415 • mmullen@jccpgh.org

Adult Fitness Class Schedule

AgeWell at the JCC

MONDAY

8:15 am
Zumba® Gold
Kaufmann Gym • Karen

9:15 am
Boom Muscle*
Levinson B • Marsha

11:15 am
AgeWell Beginner Pilates*
Robinson Dance Studio • Maxine

TUESDAY

9 am
Walk15
Levinson B • Karen

9:30 am
LIIT
Weight Room • Marsha

11 am
Gentle Chair Yoga
Levinson B • Julie

WEDNESDAY

8:15 am
Zumba® Gold
Kaufmann Gym • Karen

9:15 am
Boom Move
Levinson B • Marsha

11:15 am
Arthritis/Balance
Levinson B • Marsha

1 pm
Rhythm & Reps
Levinson B • Joanna

THURSDAY

9 am
Strong and Steady
Levinson B • Katie

10 am
On the Move
Levinson B • Marsha

10:15 am
LIIT
Weight Room • Katie

11 am
Balance
Levinson B • Cyndi

1 pm
Rhythm & Reps
Levinson B • Joanna

FRIDAY

9 am
Boom Muscle*
Levinson B • Marsha

PLEASE REGISTER ON THE "JCCPGH" APP

L.I.I.T.

Light Intensity Interval Training is a workout that alternates between periods of higher and lower intensity exercise at moderate effort levels.

Boom, Muscle and Move

This is a 30-45 minute beginning to intermediate class with weights provided, that improves strength, endurance and balance.*Must be able to get on the floor.

Arthritis/Balance

This exercise program uses movements created by physical therapists that address pain and fatigue while increasing strength and balance.

Strong and Steady

Fitness class focused on building muscle strength, range of motion, and balance.

***Must be able to get on the floor.**

On the Move: Group Exercise for Improved Mobility in Older Adults®

On the Move is a group-based exercise program for older adults designed to target the timing and coordination of walking. The program challenges the brain to match the timing and sequences of your movements with your posture to improve the smoothness and efficiency of walking.

Rhythm & Reps

A dynamic, full body workout that combines low-impact cardio, strength training and high energy cardio drumming.

Zumba® Gold

A modified, low-intensity version of the class Zumba fitness - dance program.

Balance

Low impact, structured class designed to improve strength, agility and coordination while reducing the risk of falls.

Gentle Chair Yoga

This exercise program a gentle form of yoga that can help seniors improve their flexibility, strength, and balance while reducing discomfort and regaining mobility. It's a modified version of traditional yoga that's more accessible for people with limited mobility or balance because it allows you to practice yoga poses while seated or standing with the support of a chair.

Walk15

An exciting, 45-minute indoor aerobic workout based on 4 easy to follow moves. Modifications are provided throughout the class. This workout is based on beats per minute. Fun, high-energy music is used to help you walk 3 Miles! Come & get your Walk on with us!

AgeWell Beginner Pilates*

A low impact foundational workout, focusing on core strength, flexibility, and body awareness through controlled movements, proper breathing, and spinal alignment.

***AgeWell membership required. To schedule an appointment, please call 412-697-3517.**

Updated 11/19/26