

**Jewish Community Center of Greater Pittsburgh  
South Hills**

**Group Exercise Schedule- September/October 2010**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
6:30am		Absolute Abs <i>Soad</i>		Absolute Abs <i>Soad</i>			
8:00am	Group Power <i>Bonnie</i>		Group Power <i>Bonnie</i>		Zumba <i>Bonnie</i>		
9:30am	<b>9:45am</b> Cardio Dance <i>Soad</i>			<b>8:00am</b> Morning Recharge <i>George</i>	Group Kick <i>Judy</i>		
9:30am	Group Power (GYM) <i>Judy</i>	Step/Aerobics <i>Soad</i>	Group Power (GYM) <i>Judy</i>	YogaTone <i>Kate</i>	Step/Aerobics <i>Soad</i>		
10:30am		Pilates <i>Kinsey</i>			Pilates <i>Kinsey</i>		Group Power <i>Judy</i>
12:00pm			<b>11:00am</b> Silver Strut <i>Bonnie</i>	<b>11:00am</b> Beginner Zumba <i>Bonnie</i>			<b>11:30am</b> Zumba <i>Bonnie</i>
1:00pm						Yogalates w/ weights <i>Kinsey</i>	

5:30pm	Absolute Abs <i>Soad</i>		Absolute Abs <i>Soad</i>			
7:00pm		Zumba <i>Bonnie</i>				
7:00pm	Group Power <i>Kinsey</i>	Group Kick <i>Judy</i>	Group Power <i>Wendy</i>	Group Kick <i>Judy</i>		

For your safety and the consideration of others, please arrive on time and remain until the conclusion of the class. All classes are subject to change. Please visit the Front Desk for the most up-to-date schedule.



**Holiday Hours**

Sept 8- close 5pm	Sept 22- close 5pm
Sept 9- closed	Sept 23- closed
Sept 10- closed	Sept 24- closed
Sept 17- close 4pm	Sept 29 close 5pm
Sept 18- closed	Sept 30- closed
	Oct 1- closed

Visit [www.jccpgh.org](http://www.jccpgh.org) for further details on group exercise offerings  
For Scheduling Questions or concerns, contact  
Kinsey Rishor 412-278-1975 x 217.

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**Class Descriptions**

**ABSOLUTE ABS:** forget those ordinary old sit-ups. This 30minute class will take your core workout to another level. Get a core you adore!

**CARDIO BLAST:** Cross train with this high energy, high intensity Cardio workout. Blast your buns and thighs. Interval your cardio workout and kick your plateau.

**GROUP POWER:** This is your hour of power! This 60-minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!

**GROUP KICK:** a 60minute fusion class of martial arts and boxing movements that will kick your cardio fitness to the next level while defining and shaping your body and self confidence. Punch, jab and explode to a new level of fitness.

**KUNDALINI YOGA:** A perfect fit for all ages and levels. Go beyond the physical performance of poses with emphasis on breathing and meditation.

**MORNING RECHARGE:** Ready for a unique twist on your flexibility training? Morning Recharge consists of alignment, stability, mobility and conditioning exercises that work to develop static flexibility. This class begins at a comfortable pace and gradually builds intensity.

**PILATES:** This total body conditioning class consists of a series of controlled movements that engage the mind and body in developing strong, flexible muscles without adding bulk. Focus on building abdominal strength and flexibility, as well as improving range of motion and postural balance.

**YOGA:** Learn the essence of relaxation through stretches, postures and improved breathing techniques. This is more than just a class that improves strength and flexibility. It is a process that you can take and do anywhere.

**YOGALATES:** The best of both worlds! Enjoy the relaxation of yoga with the toning core exercises of Pilates.

**YOGATONE:** Lengthen, strengthen and get the results you want by introducing light weight training to your traditional yoga routine. All levels are welcome to enjoy the benefits of Yogatone.

**ZUMBA:** Move your hips to a Latin beat! This dance inspired workout will excite all ages and exercise levels. Move and groove your way to a healthy body! Tone your core and more!

**STEP/AEROBICS:** High intensity Cardio workout that involves stepping up and down on an adjustable platform.

**SILVER STRUT:** This 45 minute cardio/strength class is for active seniors who enjoy low-impact dance aerobics and will keep your heart pumping non-stop for 30 minutes followed by body toning with light weights

**PRICES**

**YOGA and YOGALATES**

\$7/class

**PILATES**

\$8/class

**YOGA/PILATES PACKAGES**

20 Pilates \$120

20 Yoga \$110

**(Yoga and Pilates classes are free of charge for Personal Training participants)**

**SENIOR FITNESS**

\$4/class

***All other Group Ex Classes are Free of Charge!***

*Available at Front Desk*