

Group Fitness Schedule for Active Aging Adults

Fall 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 am MSROM Desiree	8 am Cardio Circuit Soad	9 am Cardio Circuit Bonnie	8 am Cardio Circuit Soad	9 am Cardio Circuit Desiree	8 am Cardio Circuit Desiree	9 am Cardio Circuit Chris
11 am YogaStretch Desiree	9 am MSROM Soad	10 am MSROM Bonnie	9 am MSROM Elaine	10 am MSROM Desiree	9 am MSROM Elaine	10 am MSROM Chris
12:30 pm SilverSplash Desiree	10 am Cardio Circuit Bonnie	11 am Arthritis Tai Chi Gurney	10 am Cardio Circuit Elaine	11 am Zumba Gold Bonnie	10 am Cardio Circuit Tami	11 am YogaStretch Chris
	11 am MSROM Chris	11:30 am Fitness Line Dancing Bernie	11 am MSROM Chris	1 pm SilverSplash Chris	11 am MSROM Tami	
	2 pm Medical Meditation Heather	1 pm SilverSplash Bonnie	1 pm YogaStretch Desiree			
	6 pm Cardio Fit Bonnie					

**For all class formats,
please observe the following procedures:**

- If you are joining the class for the first time, please make sure to let the instructor know before class.
- Walk-ins are welcome! We rarely need to turn anyone away!
- For safety of all participants, please wait for a safe opportunity to enter and exit room after class begins.
- Wear supportive, fitness shoes.
- Bring a bottle of water and your smile.

For more information, please contact Chris Gilbert at 412-278-1975, ext. 262 or bgilbert@jccpgh.org

