
















Group Exercise & Wellness Class Schedule

February 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>8-8:45 AM *Spinning SPIN STUDIO Mark/Beth H </p> <p>8:15-9:15 AM GROUP POWER KDS Heather</p> <p>9-9:45 AM *Spinning SPIN STUDIO Erica </p> <p>9:15-10:30 AM Yoga RDS Jessica</p> <p>9:30-10:30 AM GROUP KICK KDS Beth B/Beth H</p> <p>10-10:45 AM Spinning SPIN STUDIO Erica </p> <p>11-11:45 AM Pilates RDS Allie</p> <p>11 AM-Noon GROUP POWER KDS Marsha</p>	<p>6:15-7 AM *Spinning SPIN STUDIO Marsha </p> <p>8-9 AM GROUP CENTERGY RDS Laurie</p> <p>8:30-9:15 AM 20-20-20 KDS Holly</p> <p>9:15-10:15 AM GROUP KICK KDS Beth H</p> <p>9:15-10:30 AM Yoga RDS Diane</p> <p>11 AM-Noon Lite & Low KDS Sarah</p> <p>6-7 PM GROUP KICK KDS Beth B</p> <p>7-8:15 PM Power Yoga PTS Jesse</p> <p>7:30-8:30 PM ZUMBA KDS Ashley</p>	<p>6-7 AM GROUP POWER KDS Laurie</p> <p>8-9 AM GROUP POWER KDS Karen</p> <p>9-9:45 AM *Spinning SPIN STUDIO Laurie </p> <p>10:30-11:30 AM ZUMBA KDS Maria U.</p> <p>6-7 PM GROUP CENTERGY PTS Beth H</p> <p>7:15-8:15 PM GROUP POWER KDS Beth H. </p> <p>7-7:45 PM *Spinning SPIN STUDIO Jen </p> <p></p>	<p>6-7 AM GROUP KICK KDS, Laurie</p> <p>6:15-7 AM *Spinning SPIN STUDIO Marsha </p> <p>8-8:45 AM *Spinning SPIN STUDIO Karen </p> <p>8:30-9:30 AM 20-20-20 KDS, Holly</p> <p>9-10 AM GROUP CENTERGY RDS, Beth H</p> <p>9:15-10:30 AM Power Yoga PTS, Nitsa</p> <p>9:30-10:30 AM ZUMBA Gold KDS, Desiree</p> <p>6-7 PM ZUMBA KDS, Ashley</p> <p>6-7 PM Pilates PTS, Gabriella</p> <p>7:15-8:15 PM GROUP KICK KDS Beth H</p>	<p>6:15-7:15 AM GROUP POWER KDS Laurie</p> <p>8-9 AM *Spinning SPIN STUDIO Marsha </p> <p>8-9 AM GROUP POWER KDS Karen</p> <p>9:15-10:15 AM GROUP POWER KDS Marsha</p> <p>10:30-11:30 AM ZUMBA KDS Maria U.</p> <p>6-7 PM GROUP POWER KDS Beth H</p> <p>7:15-8:15 PM GROUP CENTERGY PTS Beth H</p> <p>7:15-8 PM *Spinning SPIN STUDIO Mark </p>	<p>6-7:15 AM *Spinning SPIN STUDIO Linda </p> <p>6:15-7:15 AM GROUP KICK KDS Beth H/Laurie</p> <p>9-10 AM Interval Bench KDS Connie</p> <p>9-9:45 AM *Spinning SPIN STUDIO Laurie </p> <p>9:15-10:30 AM Yoga (Beginner) RDS Nitsa</p> <p>10-11 AM Lite & Low KDS Sarah</p>	<p>1-2 PM GROUP POWER KDS Beth/Sarah</p> <p>2:15-3:15 PM GROUP CENTERGY KDS Beth/Sarah</p> <p></p> <div style="border: 1px solid black; padding: 5px;"> <p>Room Key KDS= KAUFMANN DANCE STUDIO RDS= ROBINSON DANCE STUDIO PTS= PERSONAL TRAINING STUDIO</p> </div>

*Reservations or registration required

JCC of Greater Pittsburgh (412) 521-8010 • www.jccpgh.org

Please pay at the Centerfit Desk

1. Get moving! Physical activity is an important part of a heart-healthy routine. Shoot for at least 30 minutes of exercise each day. (Biggest Mover Contest)
2. Practice Yoga/Centergy. Research shows that Yoga-type classes can reduce blood pressure, improve arterial elasticity, regulate heart rhythm, and increase the heart's efficiency.
3. Lose weight. Dropping just 10% of your body weight can significantly improve your blood pressure, cholesterol levels, and overall heart health. (6-week Weight-Loss Program)
4. Pump iron (Group Power)- Strength training benefits more than just your muscles. It also lowers blood pressure, strengthens the heart and helps it beat more efficiently. Aim for 2-3 classes each week.

Pilates

Improve strength, flexibility, coordination and posture while creating a body that is long and lean with flat abdominals and a strong back. Specially certified instructors lead group mat classes and will work with you one-on-one for Pilates mat training or with the Pilates reformer.

Use your yoga punch card for any Pilates class.

Spinning

Cardiovascular workout performed to music on a specially designed stationary bike. Reservations are required and may be made up to seven days in advance. You must give us two hours advance notice of cancellation; "no shows" will be charged \$5.

Centerfit Platinum members: no fee
General Members: \$5/class

Yoga

Learn the essence of relaxation and improving strength and flexibility through stretches, postures and breathing techniques.

Power Yoga

A moderately paced class focusing on muscle conditioning through a series of asanas. Safe stretching and balancing exercises for the athlete in all of us, to improve performance and prevent injuries.

Mondays, 7-8 PM
Wednesdays, 9:15-10:30 AM

Yoga and Pilates Fees

Centerfit Platinum members: No fee
General Members:
\$140/20-session punch card
(get one session FREE with filled card)
\$70/10-session punch card

Drop-in:
\$9/member; \$12/community

Group Exercise Classes

20/20/20: Twenty minutes each of Strength, Cardio and On the Ball.

Group Centergy: 60-minute journey that combines yoga and pilates movements enabling you to center your energy and reduce stress

Group Kick: 60-minute fusion class of martial arts and boxing movements kicks your cardio fitness to the next level, while defining and shaping your body and self-confidence

Group Power: Inspiring 60-minute barbell program that strengthens all your major muscles—for all ages and fitness levels

Interval Bench: High intensity bench or cardio alternating with intense muscle toning

Lite & Low: The perfect low impact class if you're older, out of shape or just new to exercise. Fun and energizing!

Zumba: Dance your way to fitness with exciting Latin moves and rhythms

Zumba Gold: Geared to older adults or those new to Zumba

Group Exercise Fees

Centerfit Platinum Members: No fee

General Members:
\$5/class; \$80/20 adult coupons
\$53/20 teen coupons

STEWART WEINBAUM

SHORTSTOP BABYSITTING

Monday-Friday, 8AM-1 PM
Call (412) 521-8011, ext. 267, to make a reservation.

EVENING BABYSITTING

Monday to Thursday, 6-8:30 PM
Call (412) 521-8011, ext. 267, to make a reservation.

Morning and Evening Babysitting now require a pass.

Centerfit Platinum Members:
\$15/month/child
\$168/year/child

General Members:
\$15/month/child
\$168/year/child

Drop-in: \$8/hour/child

You must remain in the building while using JCC babysitting.

Upgrade to Centerfit Platinum and get all yoga, Pilates and Spinning classes FREE.

Realize your health and wellness at the JCC's Leatrice and John M. Wolf Centerfit