






Group Exercise and Wellness Class Schedule

September 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8-8:45 am *Spinning SPIN STUDIO <i>Linda</i>	6:15-7:15 am Group Kick KDS <i>Laurie</i>	6-7 am Group Power KDS <i>Laurie</i>	6-7 am Group Kick KDS <i>Linda</i>	6:15-7:15 am Group Power KDS <i>Laurie</i>	6:15-7:15 am *Spinning SPIN STUDIO <i>Linda</i>	1:30-2:30 pm Group Power KDS <i>Matt</i>
8:15-9:15 am Group Power KDS <i>Beth H/Beth B</i>	6:15-7 am *Spinning SPIN STUDIO <i>Marsha</i>	8-9 am Group Power KDS <i>Patti</i>	6:15-7 am *Spinning SPIN STUDIO <i>Marsha</i>	8-9 am Group Power KDS <i>Patti</i>	6:15-7:15 am Group Centergy PTS <i>Marsha</i>	2:45-3:45 pm Group Centergy KDS <i>Beth H</i>
9-9:45 am *Spinning SPIN STUDIO <i>Mark/Marsha</i>	8-9 am Group Centergy PTS <i>Patti</i>	9-9:45 am *Spinning SPIN STUDIO <i>Laurie</i>	8-9 am Zumba KDS <i>Christine</i>	9:15-10:15 am Group Power KDS <i>Marsha</i>	6:15-7:15 am Group Kick KDS <i>Beth H/Beth B</i>	    
9-10:15 am Yoga RDS <i>Anna D.</i>	9:15-10:15 am Group Kick KDS <i>Linda</i>	9:15-10:15 am Group Power KDS <i>Beth H.</i>	9-10 am Group Centergy RDS <i>Patti</i>	10:30-1 1:30 am Zumba KDS <i>Maria U.</i>	8-9 am Zumba KDS <i>Kristine</i>	
9:30-10:30 am Group Kick KDS <i>Beth H/Beth B</i>	9:15-10:30 am Yoga RDS <i>Diane</i>	9:15-10:30 am Yoga (Intermediate) RDS <i>Margie</i>	9-10:15 am Power Yoga PTS <i>Jesse</i>	10:30-11:30 am Group Centergy PTS <i>Laurie</i>	9-10 am Interval Bench KDS <i>Connie</i>	
11-11:45 am Pilates RDS <i>Allie</i>	11 am-Noon Zumba Gold KDS <i>Anya</i>	10:30-11:30 am Zumba KDS <i>Maria U.</i>	10-11 am New Energy KDS <i>Anya</i>	6-7 pm Group Power KDS <i>Beth H</i>	9:15-10:30 am Yoga (Beginner) RDS <i>Laura</i>	
11 am-Noon Group Power KDS <i>Marsha</i>	4:45-5:45 pm Group Power KDS <i>Beth H/Beth B</i>	6:10-7:10 pm Group Power KDS <i>Linda</i>	6-7 pm Zumba KDS <i>Ashley</i>	7:15-8:15 pm Group Centergy PTS <i>Beth H</i>	9-9:45 am *Spinning SPIN STUDIO <i>Laurie</i>	
	6-7 pm Group Kick KDS <i>Beth B</i>	6-7 pm Group Centergy PTS <i>Beth H</i>	7:15-8:15 pm Group Kick KDS <i>Beth H</i>		10-11 am New Energy KDS <i>Connie</i>	
	6:30-7:45 pm Power Yoga PTS <i>Jesse</i>	7:15-8 pm Spinning SPIN STUDIO <i>Mark</i>				Room Key KDS= KAUFMANN DANCE STUDIO RDS= ROBINSON DANCE STUDIO PTS= PERSONAL TRAINING STUDIO
	7:30-8:30 pm Zumba KDS <i>Ashley</i>					



*Reservations or registration required

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

Please pay at the Centerfit Desk

1. Eat seasonally. Fruits and vegetables are cheaper and more nutritious when you eat them in season.
2. Snack on raw vegetables and fruit instead of chips and pretzels.
3. Have a berry breakfast. Top your cereal or oatmeal with fresh berries.
4. Enjoy a chilled glass of 100% fruit or vegetable juice instead of coffee or soda.

Alexander*

Learn to use your body in more relaxed and efficient ways by focusing on your self-perception of movement. Registration required.

Thursdays

9:30-11 am

October 7-December 2

***Call ext. 362 for more information.**

Register at the Centerfit Desk.

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; \$45/10 coupons; \$80/20 coupons

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, 9:15-10:15 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/non-member

Group Exercise Classes

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

Cardio Blast: High energy, fast-paced workout that builds strength and cardiac endurance

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

New Energy: 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: Zumba 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, 7:30 am-1 pm

Call (412) 521-8011, ext. 267, to make a reservation.

New pricing

\$10/month/child

\$110/year/child

Drop-in \$6/child

Evening Complimentary Babysitting

For group exercise, yoga and spinning participants only. Reservations are required by Monday afternoon. Space is limited. Call (412) 521-8011, ext. 267.

Monday to Thursday, 6-8:30 pm

You must remain in the building while using JCC babysitting.

DO THE MATH—2 group exercise classes/week=\$40. You can upgrade to Centerfit Platinum for just \$30/month.

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