



## SENIOR ADULT GROUP EXERCISE CLASSES JANUARY 2012



<u>MONDAY</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>	<u>LOCATION</u>	<u>FEE</u>
9:00 am	SilverSneakers® MS ROM	Sarah	Levinson B	\$1 for Non SilverSneakers® Members
10:00 am	SilverSneakers® Cardio Circuit	Desiree	Levinson B	\$1 for Non SilverSneakers® Members
10:45 am	Shake, Splash, and Roll	Kelly/Stephen	Small Pool	No fee – JCC Members only
11:00 am	SilverSneakers® Yoga Stretch	Desiree	Levinson B	\$1 for Non SilverSneakers® Members
11:00 am	Light-n-Lively	Sarah	KDS	\$1/class – purchase at Centerfit Desk
 <b><u>TUESDAY</u></b>				
9:00 am	SilverSneakers® MS ROM	Linda	Levinson B	\$1 for Non SilverSneakers® Members
10:00 am	SilverSneakers® Yoga Stretch	Nitsa	Levinson B	\$1 for Non SilverSneakers® Members
10:45 am	SilverSneakers® SilverSplash	Ilana	Small Pool	No fee – JCC Members only
11:00 am	SilverSneakers® Cardio Circuit	Nitsa	Levinson B	\$1 for Non SilverSneakers® Members
1:00 pm	SilverSneakers® MS ROM	Rosemary	Levinson B	\$1 for Non SilverSneakers® Members
 <b><u>WEDNESDAY</u></b>				
9:00am	Strong Seniors Stay Young	Sarah	Levinson B	\$1/class suggested donation
9:30am	Zumba Gold®	Desiree	KDS	\$1/class – purchase at Centerfit Desk
10:30am	SilverSneakers® Yoga Stretch	Desiree	Levinson B	\$1 for Non SilverSneakers® Members
10:45 am	Shake, Splash, and Roll	Kelly/Stephen	Small Pool	No fee – JCC Members only
1:00 pm	Senior T'ai Chi	Doris	KDS	\$30 – 10 classes - register in Room 201
1:45 pm	Beginner T'ai Chi	Doris	KDS	\$1/class – Drop in – pay at class
 <b><u>THURSDAY</u></b>				
9:00 am	SilverSneakers® Cardio Circuit	Linda	Levinson B	\$1 for Non SilverSneakers® Members
10:00 am	SilverSneakers® MS ROM	Linda	Levinson B	\$1 for Non SilverSneakers® Members
10:45 am	SilverSneakers® SilverSplash	Ilana	Small Pool	No fee – JCC Members only
11:00 am	SilverSneakers® Yoga Stretch	Sophie	Levinson B	\$1 for Non SilverSneakers® Members
1:00 pm	SilverSneakers® MS ROM	Sarah	Levinson B	\$1 for Non SilverSneakers® Members
 <b><u>FRIDAY</u></b>				
10:00 am	Light-n-Lively	Sarah	KDS	\$1/class – purchase at Centerfit Desk
10:15 am	SilverSneakers® Yoga Stretch	Desiree	Levinson B	\$1 for Non SilverSneakers® Members
10:45 am	Shake, Splash, and Roll	Kelly/Stephen	Small Pool	No fee – JCC Members only
11:00 am	SilverSneakers® Cardio Fit	Desiree	Levinson B	\$1 for Non SilverSneakers® Members

## **SENIOR ADULT GROUP EXERCISE CLASS DESCRIPTIONS**

### **Light-n-Lively – in Kaufmann Dance Studio (KDS)**

Low impact aerobics accompanied by stretching and toning exercises for legs, arms, and waist. Note: This class is for people who are comfortable **STANDING** to do exercise for 35 – 45 minutes at a time. Cost is \$1 per class – class coupons can be purchased at the Centerfit Desk.

### **Shake, Splash, and Roll – in the Small Pool**

Non-impact total body conditioning in the water. There is no fee for this class. JCC Members only.

### **SilverSneakers® - Cardio Circuit - in Levinson Hall**

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 do exercise for 30 – 40 minutes at a time.

**Sneakers are required.** This class is free to SilverSneakers® Members. All others pay \$1 at the class.

### **SilverSneakers® - Muscular Strength & Range of Movement (MS ROM) - in Levinson Hall**

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.** This class is free to SilverSneakers® Members. All others pay \$1 at the class.

### **SilverSneakers® - SilverSplash - in the Small Pool**

Activate your aqua urge for variety! SilverSplash offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination. There is no fee for this class. JCC Members only.

### **SilverSneakers® - Yoga Stretch - in Levinson Hall**

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 bare feet. This class is appropriate for all fitness levels. This class is free to SilverSneakers® Members. All others pay \$1 at the class.

### **Strong Seniors Stay Young – in Levinson Hall**

Build strength in your arms and legs. **Sneakers are required.** There is a suggested donation of \$1 for this class.

### **T'ai Chi – in Kaufmann Dance Studio (KDS)**

A series of slow movements that build strength, balance, and flexibility, while promoting the flow of energy through the body, and reducing pain, stress, and anxiety.

Senior T'ai Chi – \$30 – 10 classes - register in Room 201.

Beginner T'ai Chi – \$1/class – pay at the class.

### **Zumba Gold® - in Kaufmann Dance Studio (KDS)**

Inspired by traditional Salsa, merengue, and cumbia, this class incorporates easy-to-follow dance moves and a fun party-like atmosphere. Zumba Gold® modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Cost is \$1 per class – Class coupons can be purchased at the Centerfit Desk.



\*\*For more information, contact Sarah Hoffman at ext. 225 or [shoffman@jccpgh.org](mailto:shoffman@jccpgh.org) \*\*