

ALL Fitness Class Descriptions

Cardio, Strength and Core (Intermediate to Advanced Fitness Class)

Edna Spang

This class focuses on strengthening your core, improving cardio fitness and toning muscles. Equipment will be provided.

This is a fast-paced, intermediate level exercise class. Participants must be able to handle physical activity and be able to move easily up and down from the floor. Wear tennis shoes, bring a towel, yoga mat and drink.

Chair Yoga

Emily Shimko, EdD

This form of yoga will be practiced both seated and standing using a chair for support. Chair yoga is an accessible option for beginners, those who may not be able to go to the floor, individuals recovering from an injury, or those who want to explore their yoga practice in a different way. Incorporating breath work and adapted yoga postures, practitioners can gain physical and mental benefits including improved stability, strength, flexibility and stress reduction.

Chairs will be provided. It is recommended to bring two yoga blocks. Mats are optional.

This class is for members who cannot participate in the other yoga classes we offer and who may struggle with other fitness courses.

Circuit Training (Intermediate to Advanced Fitness Class)

Edna Spang

This class will help improve your cardiovascular health and muscle strength. We will complete a circuit of cardio and strength exercises using a variety of equipment. 1-minute intervals will have your heart pumping and muscle burning.

This is a fast-paced, intermediate level exercise class. Participants must be able to handle physical activity and be able to easily go up and down from the floor. Wear tennis shoes, bring a towel, yoga mat and a drink.

Gentle Yoga

Kathryn Jolley

Ready for yoga? Whether you are new to yoga, returning to yoga after a long hiatus, or simply looking for a less strenuous yoga experience, Gentle Yoga may be for you. Step-by-step cues and instructor adjustments ensure proper alignment. Guidance through breathwork and an internal focus encourages the positive benefits of yoga: improved flexibility, greater strength and balance, reduced stress, and a positive spirit. Participants must be able to get up and down from the floor with guidance and should bring a yoga mat to each class.

Hatha Yoga (Intermediate)

Kathryn Jolley

This level yoga class builds on the basics learned and practiced in any beginner or Gentle Yoga class. Classes may include more variety and challenge in poses, some flow and a greater focus on integrating breath, mind and body. While a good understanding of basic yoga asanas (poses) is important, the focus on alignment and balance to prevent injury continues. More challenging asanas, movement from one pose to another and a slightly quicker pace make this a bit more demanding class. Some prior yoga experience and a bit more strength are helpful for this class. Participants should bring a yoga mat to each class.

Meditation Practice

Kathryn Jolley

Whether or not you have ever tried meditation, this practice may help you learn to meditate with positive benefits like reduced blood pressure, lower cholesterol, improved focus, less stress, improved sleep and may encourage many other benefits. Together, we will try a variety of types of meditation which may help you find a method that suits you well. Enjoy the community aspect of practicing meditation with others. This is not a history lesson; this is about PRACTICING meditation in community.

Muscle Conditioning- Strength and Endurance

Emily Shimko, Ed.D.

Build muscle strength and endurance in this group fitness class. We will use dumbbell weights and other equipment to move through a variety of muscle fitness exercises with little rest between exercises. Modifications and a range of weights will be offered. Participants should have adequate mobility for this class. Weights will be provided, but participants are advised to bring a mat and water.

Beginner does not require participants to get on the floor. The intermediate level requires participants to get down and up from the floor throughout the class.

On the Move

Assorted OTM Certified Instructors

On the Move (OTM) is a proven group exercise program to improve walking in older adults. All classes are done to music and led by a trained OTM instructor. OTM has a warm-up period, progressive walking and stepping patterns, strength training exercises, and a cool-down period. OTM welcomes individuals who want to improve their walking or balance, are fearful of falling, have chronic conditions such as arthritis, heart disease, or diabetes, can walk on their own but may be unsteady or have some difficulty, and/or want to exercise and have fun. People who participate in OTM may become more confident in their walking, walk farther without having to stop and rest, walk faster, and find it easier to do daily tasks.

Instructors TBA

Pilates

Abby Werner

Strengthen your core, improve your posture, and enhance flexibility with this low-impact, full-body workout. Pilates focuses on precise movements, breath control, and alignment using just your body weight and a mat. This course will help you build deep core strength, improve stability and leave you feeling balanced and energized.

Participants will need to bring a mat to each class.

Tai Chi - 24 Short Form (Beginner)

Sifu David Slaughter

Tai Chi is a low impact set of movements that benefits the mind and the body. Some of the benefits include improved balance and flexibility, better focus and concentration, stress reduction and overall well-being. The movements are done in a slow relaxed coordinated manner that helps increase circulation of the brain and the internal organs. Tai chi helps regulate the nervous system, which sends signals to the brain that enhances our reaction skills. Each movement has a specific name and purpose.

The classes will begin with working on the beginner 24 movement Tai chi form and progressing to the advanced 108 movement form. Chi kung, (breathing exercises) postures and footwork will be covered in each class. This is a general level fitness class.

Members may only take one of Sifu Slaughter's classes each week.

Tai Chi - 108 Long Form (Advanced Beginner/Intermediate)

Sifu David Slaughter

The 108 Long Form is an advanced sequence for people that are comfortable with the movements of the 24- short form. All the posture/movements in the 24 -short form, are in the 108 long form. Its structure features a series of postures and transitions, many with multiple repetitions, reflecting the flowing movements of Tai Chi at an advanced level. The form is divided into sections, each containing a variety of stances, turns, kicks, balances, and hand techniques, which makes it a fascinating way to work a more advanced method to improve balance, focus, and flexibility.

This class is NOT for beginners or those with little experience in the art and practice of Tai Chi.

Members may only take one of Sifu Slaughter's classes each week.

Vinyasa Yoga Flow

Emily Shimko, Ed.D.

Vinyasa yoga is a common style of yoga practice in Western Culture. This type of yoga links postures from one to the next, guided by the use of the breath. Postures and sequences vary from class to class. Benefits of regular Vinyasa yoga practice may include increased strength, flexibility, overall fitness and reduced feelings of stress. Modifications can be made during

practice, but participants should be in relatively good health and be able to move between the mat and standing postures. Please dress comfortably and bring a mat and water. You may also bring along your own blocks, towels, straps or any other items to support your practice.

Water Aerobics

Cathy Fodor

Join us for a low impact but high intensity water aerobics class where no swimming skills are needed. This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back. Exercises are performed to lively, motivating music and are effective and easy to follow.

Zumba Fitness

Joanna Dilley

Zumba is a Latin cardio dance-based workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility. We mix low- and high-intensity moves for an interval style, calorie burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called "exercise in disguise." These classes are perfect for everybody; no dance experience is needed! Zumba classes are designed to bring people together to dance, move and have fun!

Zumba Fitness is more intense than Zumba Gold.

Zumba Gold

Joanna Dilley

Zumba Gold is perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion and coordination. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. Come ready to sweat and prepare to leave empowered and feel strong.

Zumba Gold is less intensive than Zumba Fitness.

ALL Fitness Instructor Bios

Joanna Dilley – Bio TBA

Cathy Fodor has taught water aerobics, swimming lessons, lifeguarding, and many other Aquatic programs for over 30 years. She is a certified Silver Sneakers instructor and enjoys creating fun Water workouts for older adults.

Kathryn Jolley took her first yoga class in 1997, and it has been her passion ever since. She found strength and flexibility for her body, relaxation and focus on her mind and a sense of spirit in facing the world. Kathryn completed her 200-hour yoga training 12 years ago and has completed additional training in Mindfulness, Vinyasa (flow) and Student Adjustments through

the Shambhava School in Houston, PA and Boulder, CO. Kathryn is a Reiki Level II practitioner and trained in Yoga Nidra, sometimes called “yogic sleep” and has been teaching meditation for the last five years. Kathryn has taught students from the ages of 6 and 85 and loves to help older adults become more attuned to their bodies in order to maintain and improve their lives.

Emily Shimko, Ed.D., is an associate professor in the Health Sciences Department at La Roche. She earned her Bachelor of Arts in dance from Slippery Rock University, and a Master of Science in exercise physiology and Ed.D. in healthy and physical activity both from the University of Pittsburgh.

Dr. Shimko Emily is a Certified Exercise Physiologist, a Certified Strength and Conditioning Specialist and Registered Yoga Teacher. Previously she worked as a personal trainer and loves teaching group fitness. She believes that taking classes is a great way to improve physical health and fitness as well as finding a supportive social environment to meet individual goals.

Sifu David Slaughter began training in Chinese Martial arts at the early age of eight years old. Over decades of training and teaching, Sifu realized that learning, patience, and discipline pave the long path to wisdom. Sifu carries forward this philosophy – a philosophy that characterized traditional Chinese “closed school” systems – into an open school where his teaching style demonstrates that every student should be taught what the individual student is ready to learn. At the core of Sifu’s teaching are two foundational elements: the training of the body, to build confidence in the individual’s physical abilities, and training of the mind, to release personal ego that often gets us into trouble. Sifu Slaughter’s reputation for sincerity, patience in teaching, and dedication to his art have become widely known and respected throughout the greater Pittsburgh area and beyond.

Edna Spang is an outdoor and adventure enthusiast. She has been leading hikes, bike rides and adventures for 20 years. She is certified to identify wild mushrooms and plants for foraging. Edna is also a competitive athlete racing kayaks, triathlons, orienteering and trail running.

Patsy Taylor-Moore (OTM) has been an enthusiastic hobbyist artist in different mediums, for over 60 years. Known for her animal portraits, murals and landscapes, she enjoys painting with watercolors, acrylics, pen and ink and mixed medium. Though her formal training was in social sciences and long-term care, she has never stopped learning and attends continuing education classes in art and guitar. She is the director and choreographer for The Sassy Seniors of Pittsburgh, a senior citizen entertainment group that provides shows in assisted living and skilled nursing facilities, private venues and schools. She is also a 25-year member of the all-female Motor Maids, Inc (United States and Canada), and on her own motorcycles has toured 38 contiguous states and a good portion of Canada.

Abby Werner is a certified Pilates instructor, who enjoys helping others become stronger and more flexible. Abby is a speech-language pathologist, who works in the early intervention setting. Her hobbies include running marathons, traveling, and spending time with family and friends.

