

Moving Through Cancer Community Resource Guide Pittsburgh



Jewish Community Center of Greater Pittsburgh

South Hills

345 Kane Blvd., Pittsburgh, PA 15243

Phone Number: 412-278-1975

Squirrel Hill

5738 Forbes Ave., Pittsburgh, PA 15217

Phone Number: 412-697-3522

- Personal training and group exercise available
- Participates with SilverSneakers®
- Contact for pricing information

Website: <https://jccpgh.org/>

Kingsley Community Center

6435 Frankstown Ave., Pittsburgh, PA 15206

Website: <https://www.kingsleyassociation.org/membership>

Phone Number: 412-661-8751

- Personal training and group exercise available
- Participates with SilverSneakers®
- Pricing: \$0 to \$30 a month

Sampson Family YMCA

2200 Golden Mile Highway, Pittsburgh, PA 15239

Website: <https://pittsburghymca.org/>

Phone Number: 412-744-1179

- Personal training and group exercise available
- Participates with SilverSneakers®
- No cost to cancer survivors

Sarah Heinz House

1 Heinz St., Pittsburgh, PA 15212

Website: <https://www.sarahheinzhouse.org/adult-fitness>

Phone Number: 412-231-2377

- Group exercise available
- Participates with SilverSneakers®
- Pricing: \$25 to \$30 a month

Stephen Foster Community Center

286 Main St., Pittsburgh, PA 15201

Website: <https://www.catholicyouthassociation.com/>

Phone Number: 412-621-3342

Email: info@catholicyouthassociation.com

- Personal training and group exercise available
- Participates with SilverSneakers®
- Contact for pricing information

Vintage Senior Center

421 N Highland Ave., Pittsburgh, PA 15206

Website: <https://vintageseniorservices.org/>

Phone Number: 412-361-5003

- Personal training and group exercise available
- Participates with SilverSneakers®
- Pricing: \$2 to \$4 a month and \$25 to \$45 a year