



SMALL GROUP COACHING (PAID FOR PROGRAMS) SCHEDULE MAY 2021

<i>SUNDAY</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>
			7:45-8:45am TRX Fusion Pam	5:30-6:30 AM BOOT CAMP: Jess		8AM TRX Sadaf
8-9 AM BOOT CAMP: Sadaf (held outdoor)		10:30-11:15 AM Senior STRENGTH TRNG: Pam	9-10am TRX Fusion Pam		9-9:45 AM TRX- Sadaf	9-10 AM PILATES CAMP: Sadaf (held outdoor)
	10-11 AM PAIN FREE SOMATIC TRAINING (virtual)		10-11 AM MELT Method: Betsy (virtual)			
		3:30-4:15 PM Senior STRENGTH TRNG: Lisa				

BOOT CAMP - No nonsense training of intense drills for strength and cardio conditioning taught in a military style format. Taught by Certified Trainers and Coaches: jessc@jccnh.org

MELT™ - Using a soft foam roller, this simple self-treatment rehydrates connective tissue for better mobility, reducing aches and pain, leaving your whole body feeling better. MELT Practitioner & Holistic Health Coach: Betsy Bell Osterholm betsyo@jccnh.org Sessions held virtual via Zoom

TRX™ – Suspension training using TRX Straps to leverage gravity and your own body weight for core strength, balance, and coordination.

PILATES™ CORE CAMP – Kick up your core workout with a combination of traditional Pilates Mat and high-intensity exercise to strengthen & lengthen both body and mind!

PAIN FREE SOMATICS – Gentle Movement therapy with the focus of alignment, and sensation of movement for treating musculoskeletal imbalances and chronic pain. Alan Franzi, MS, PAS, Somatic Movement Certified Therapist alanf@jccnh.org

All on-site classes are for JCC Members only / Non Members can participate in Virtual classes

Drop-in Single Session member \$20, non-mbr \$25

6 Sessions: member \$99, non-mbr \$120

12 Sessions: member \$192

20 Sessions: member \$300