

JCC FEE-BASED SPECIALTY & SMALL GROUP COACHING SCHEDULE: AUGUST 2025

Sun AUG 3	Mon AUG 4	Tues AUG 5	Wed AUG 6	Thurs AUG 7	Fri AUG 8	Sat AUG 9
	5:45 AM DEKA Fit: Danny Functional Trng Suite		9:00 NO TRX	8:00 AM NO TRX		
9:00 AM MetCon: Gene Functional Trng Suite		9:00 NO TRX	10:00 AM MELT Method: Betsy Aerobic Rm		9:00 AM MetCon: Gene Functional Trng Suite	
	11:00 AM YOGA Coaching Align&Flow Linda: Dance Studio II		6:00 PM DEKA Fit: Danny Functional Trng Suite	11:00 AM SENIOR CIRCUIT: Terri Functional Trng Suite		
Sun AUG 10	Mon AUG 11	Tues AUG 12	Wed AUG 13	Thurs AUG 14	Fri AUG 15	Sat AUG 16
	5:45 AM DEKA Fit: Danny Functional Trng Suite		9:00 AM TRX: Pam Functional Trng Suite	8:00 AM TRX Circuit: Pam Functional Trng Suite		
9:00 AM MetCon: Gene Functional Trng Suite		9:00 AM TRX Circuit: Pam Functional Trng Suite	10:00 NO MELT		9:00 AM MetCon: Gene Functional Trng Suite	
	11:00 AM YOGA Coaching Align&Flow Linda: Dance Studio II		6:00 PM DEKA Fit: Danny Functional Trng Suite	11:00 AM SENIOR CIRCUIT: Terri Functional Trng Suite		
Sun AUG 17	Mon AUG 18	Tues AUG 19	Wed AUG 20	Thurs AUG 21	Fri AUG 22	Sat AUG 23
	5:45 AM DEKA Fit: Danny Functional Trng Suite		9:00 AM TRX: Pam Functional Trng Suite	8:00 AM TRX Circuit: Pam Functional Trng Suite		
9:00 AM MetCon: Gene Functional Trng Suite		9:00 AM TRX Circuit: Pam Functional Trng Suite	10:00 AM MELT Method: Betsy Aerobic Rm		9:00 AM MetCon: Gene Functional Trng Suite	
	11:00 AM YOGA Coaching Align&Flow Linda: Dance Studio II		6:00 PM DEKA Fit: Danny Functional Trng Suite	11:00 AM SENIOR CIRCUIT: Terri Functional Trng Suite		
Sun AUG 24	Mon AUG 25	Tues AUG 26	Wed AUG 27	Thurs AUG 28	Fri AUG 29	Sat AUG 30
	5:45 AM DEKA Fit: Danny Functional Trng Suite		9:00 AM TRX: Pam Functional Trng Suite	8:00 AM TRX Circuit: Pam Functional Trng Suite		
9:00 AM MetCon: Gene Functional Trng Suite		9:00 AM TRX Circuit: Pam Functional Trng Suite	10:00 AM MELT Method: Betsy Aerobic Rm		9:00 AM MetCon: Gene Functional Trng Suite	
	11:00 AM YOGA Coaching Align&Flow Linda: Dance Studio II		6:00 PM DEKA Fit: Danny Functional Trng Suite	11:00 AM SENIOR CIRCUIT: Terri Functional Trng Suite		

TRX:

Suspension Training that uses straps to leverage gravity against your own body weight. Improves strength, balance, coordination and core stability. Very effective when combined with BOSUs, medicine balls & weights for a total body workout.

METCON TRAINING:

This high-energy class will fire up your metabolic conditioning, torching fat and boosting endurance. Led by Gene, you'll push your limits and transform your fitness. Sweat, conquer, and unleash your potential - Get ready for MetCon Madness!!

DEKA FIT:

Get your heart pumping as Danny leads you through ten functional fitness moves that combine strength, cardio, mobility and foundational movements to build endurance, burn fat, and boost confidence. A challenge for all levels – new exerciser or seasoned pro – this session is designed to challenge all

SENIOR CIRCUIT

Stay strong, active, and confident – improve strength, flexibility, and balance with exercises tailored to your needs in a fun, encouraging atmosphere! With expert guidance by Terri Kostko-Tully, Certified Active Aging Trainer and Coach. For more info: terrikt@jccnh.org

ALIGN & FLOW YOGA COACHING:

Experience Yoga in a semi-private, small group session for a more personal experience. In this supportive environment, hands on adjustments will help to refine your practice. Certified Yoga Teacher Linda Dreher will take time to assist you in each pose, inviting you to deeply explore each posture and move through a slow flow vinyasa class. More info: lindad@jccnh.org

MELT:

A science-backed self-care technique using foam roller & small balls to rehydrate connective tissue and erase common aches & pains enhancing performance and restoring balance to the body. Taught by MELT Practitioner and holistic health coach Betsy Bell-Osterholm. Also offered as a virtual option via Zoom. More information: betsyo@jccnh.org

YOGA for HEALTHY AGING:

Essential yoga postures that develop flexibility, strength, balance and agility to support bone health with breathing techniques to improve respiratory function. Great for Osteoporosis, Osteopenia, and Arthritis concerns! Taught by Julie Luciani, Registered Occupational Therapist & Certified Yoga Teacher

**Package options: six sessions \$99
twelve sessions \$192 / twenty sessions \$300
or single sessions: \$20 mbr / \$25 non-mbr
more info: pamelao@jccnh.org
to purchase: jaimer@jccnh.org**