

FEE BASED GROUP EXERCISE APRIL 2018 SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 A.M. - 7 A.M.							
7 A.M. - 8 A.M.			Suspension Training L1 7-8 A.M. - Alex	Suspension Training L3 7:45-8:45 A.M. - Pam			
8 A.M. - 9 A.M.		Suspension Training L2 8-9 A.M. - Jess					
9 A.M. - 10 A.M.			Suspension Training L3 9:15-10:15 A.M. - Pam	MELT 9-9:45 A.M. - Betsy Pre-registration required	Suspension Training L1 9:15-10:15 A.M. - Pam	Suspension Training L2 10-11 A.M. - Pam	Muay Thai 9-10 A.M. - Mat
10 A.M. - 11 A.M.		Muay Thai - COMBAT 10-11 A.M. - Mat	Muay Thai - COMBAT 10-11 A.M. - Mat	MELT 10-10:45 A.M. - Betsy Pre-registration required	Muay Thai - Combat 10-11 A.M. - Mat		
11 A.M. - 12 P.M.							Muay Thai - Combat 11-12 P.M. - Mat
12 P.M. - 4 P.M.							
4 P.M. - 5 P.M.							
5 P.M. - 6 P.M.							
6 P.M. - 7 P.M.		Muay Thai - COMBAT 6:30-8 P.M. - Mat	BootCamp L3 6-7 P.M. - Jess				
7 P.M. - 8 P.M.		Specialty Yoga 7:15-8:30 P.M. - Alan F Pre-registration required	Muay Thai - Combat 6:30-8 P.M. - Mat		Muay Thai - Combat 6:30-8 P.M. - Mat		
8 P.M. - 9 P.M.			Krav Maga 7:15-8:30 P.M. - Beth L				
Coaching Location:	GROUP COACHING AREA	QUIET CORNER	GYMNASIUM	DANCE STUDIO LL	AEROBIC RM		

BOOT CAMPS & SMALL GROUP COACHING PROGRAMS

- TRX Level 1: for people new to Suspension Training or still developing core strength, balance and flexibility!
- TRX Level 2: Suspension Training for those familiar with TRX bodyweight training but want to increase strength and improve their functional fitness
- TRX Level 3: Suspension Training amped! Using TRX, Cross Core, Bosu and BattleRope – take your fitness to the next level (this is not for the new participant)
- BOOT CAMPS: Time to get serious with this challenging workout using a variety of props – guaranteed to change your body and your attitude!
- MUAY THAI: Also known as the “Art of Eight Limbs”, a cultural martial art that originated from Thailand and is essentially developed to turn the entire body into a weapon. A combat sport known as Thai boxing is also used as a form of self defense. Taught by Master Muay Thai Trainers
- COMBAT: Specialized training includes sparring contact kicking and proper ‘take down’ technique using heavy bags, punch mitts and thai pads.
- DRILL: Burn calories and have fun in this Boot Camp using the basic movements of Thai boxing using stand up bags, focus mitts and fundamental Thai techniques of kicking
- KRAV MAGA: means “contact combat” in Hebrew. Israeli Self Defense is a simple, aggressive, easy-to-learn and easy-to-remember system of self-defense focusing on principles rather than techniques. A great workout! All levels and ages welcome. To register for this program please contact Beth Lopez 203 589-4701 or neurons4@comcast.net

4 sessions \$64 / 12 sessions \$180 / 20 sessions \$280
Drop-In for \$20 (contact jessc@jccnh.org)

- ATHLETIC TRAINING / TRIATHLON TRAINING: Increase running stamina, endurance cycling and aquatic strength.
*PRE REGISTRATION REQUIRED: contact bethh@jccnh.org for next session info and pricing.