

| JCC FEE BASED SMALL GROUP COACHING SCHEDULE: DECEMBER 2025 | | | | | | |
|---|--|--|--|--|---|------------|
| Sun DEC 7 | Mon DEC 8 | Tues DEC 9 | Wed DEC 10 | Thurs DEC 11 | Fri DEC 12 | Sat DEC 13 |
| | 5:45 AM DEKA FIT: Danny *Functional Trng Suite | 9 AM TRX Circuit: Pam H *Functional Trng Suite | 9 AM TRX: Pam H *Functional Trng Suite | 8 AM TRX: Pam H *Functional Trng Suite | | |
| 9 AM MetCon: Gene *Functional Trng Suite | | | 10 AM MELT Method: Betsy *Aerobic Rm | | 9 AM MetCon: Gene *Functional Trng Suite | |
| | 11 AM Yoga Coaching: Linda *Dance Studio II | 11:15 AM Yoga for Healthy Aging: Julie *Aerobic Rm | 6 PM DEKA FIT: Danny *Functional Trng Suite | 11:15 AM Yoga for Healthy Aging: Julie *Aerobic Rm | | |
| Sun DEC 14 | Mon DEC 15 | Tues DEC 16 | Wed DEC 17 | Thurs DEC 18 | Fri DEC 19 | Sat DEC 20 |
| | 5:45 AM DEKA FIT: Danny *Functional Trng Suite | 9 AM TRX Circuit: Pam H *Functional Trng Suite | 9 AM TRX: Pam H *Functional Trng Suite | 8 AM TRX: Pam H *Functional Trng Suite | | |
| 9 AM MetCon: Gene *Functional Trng Suite | | 10 AM Adaptive: Lisa *Functional Trng Suite | 10 AM MELT Method: Betsy *Aerobic Rm | | 9 AM MetCon: Gene *Functional Trng Suite | |
| | 11 AM Yoga Coaching: Linda *Dance Studio II | 11:15 AM Yoga for Healthy Aging: Julie *Aerobic Rm | NO DEKA FIT | 11:15 AM Yoga for Healthy Aging: Julie *Aerobic Rm | | |
| Sun DEC 21 | Mon DEC 22 | Tues DEC 23 | Wed DEC 24 | Thurs DEC 25 | Fri DEC 26 | Sat DEC 27 |
| | 5:45 AM DEKA FIT: Danny *Functional Trng Suite | NO TRX | | | | |
| 9 AM MetCon: Gene *Functional Trng Suite | | 10 AM Adaptive: Lisa *Functional Trng Suite | NO SESSIONS | NO SESSIONS | 9 AM MetCon: Gene *Functional Trng Suite | |
| | 11 AM Yoga Coaching: Linda *Dance Studio II | NO HEALTHY AGING YOGA | | | | |
| Sun DEC 28 | Mon DEC 29 | Tues DEC 30 | Wed DEC 31 | Thurs JAN 1 | Fri JAN 2 | Sat DEC 27 |
| | 5:45 AM DEKA FIT: Danny *Functional Trng Suite | 9 AM TRX Circuit: Pam H *Functional Trng Suite | 9 AM TRX: Pam H *Functional Trng Suite | | | |
| 9 AM MetCon: Gene *Functional Trng Suite | | | NO MELT | NO SESSIONS | 9 AM MetCon: Gene *Functional Trng Suite | |
| | 11 AM Yoga Coaching: Linda *Dance Studio II | NO HEALTHY AGING YOGA | NO DEKA FIT | | | |
| <p>Descriptions and Pricing on back / for more information contact: pamelao@jccnh.org / to register: jaimer@jccnh.org FEE-BASED PACKAGE OPTIONS: 6 sessions \$99 / 12 sessions \$192 / 20 sessions \$300 or DROP-IN: \$20 per session mbr / \$25 per session non-mbr</p> | | | | | | |

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

BETTER STRENGTH:

Master the fundamentals that build real, lasting strength. This progressive training series focuses on developing core stability, refining hinge and squat mechanics, and building strong, stable shoulders. Whether you're new to strength training or looking to fine-tune your form, this session is for you!

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

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

Package options:

six sessions \$99 / twelve sessions \$192

twenty sessions \$300

or single sessions: \$20 mbr / \$25 nmb

more info: pamelao@jccnh.org

to purchase: jaimer@jccnh.org