

JCC FEE-BASED SPECIALTY & SMALL GROUP COACHING SCHEDULE: JANUARY 2026

SUN JAN 4	MON JAN 5	TUES JAN 6	WED JAN 7	THUR JAN 8	FRI JAN 9	SAT JAN 10
	5:45 NO DEXA FIT	9:00 AM TRX Circuit: Pam 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 INTRO TO TRX: PAM Functional Trng Suite	10:00 AM Adaptive Fitness: Lisa 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	11:15 AM YOGA for Healthy Aging Julie: Aerobic Rm	6:00 PM NO DEXA FIT	11:15 AM YOGA for Healthy Aging Julie: Aerobic Rm		
SUN JAN 11	MON JAN 12	TUES JAN 13	WED JAN 14	THUR JAN 15	FRI JAN 16	SAT JAN 17
	5:45 AM DEKA Fit: Danny Functional Trng Suite	9:00 AM TRX Circuit: Pam 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 MetCon: Gene Functional Trng Suite	9:00 AM INTRO TO TRX: PAM Functional Trng Suite		NO MELT Method			
	11:00 AM YOGA Coaching Align&Flow Linda: Dance Studio II	11:15 AM YOGA for Healthy Aging Julie: Aerobic Rm	18:00 DEKA Fit: Danny Functional Trng Suite	11:15 AM YOGA for Healthy Aging Julie: Aerobic Rm		
SUN JAN 18	MON JAN 19	TUES JAN 20	WED JAN 21	THUR JAN 22	FRI JAN 23	SAT JAN 24
	5:45 AM DEKA Fit: Danny Functional Trng Suite	9:00 AM TRX Circuit: Pam 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 INTRO TO TRX: PAM Functional Trng Suite	10:00 AM Adaptive Fitness: Lisa 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	11:15 AM YOGA for Healthy Aging Julie: Aerobic Rm	6:00 PM DEKA Fit: Danny Functional Trng Suite	11:15 AM YOGA for Healthy Aging Julie: Aerobic Rm		
SUN JAN 25	MON JAN 26	TUES JAN 27	WED JAN 28	THURS JAN 29	FRI JAN 30	SAT JAN 31
	5:45 AM DEKA Fit: Danny Functional Trng Suite	9:00 AM TRX Circuit: Pam 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 INTRO TO TRX: PAM Functional Trng Suite		10:00 MELT Method Betsy: Aerobic Rm		9:00 AM MetCon: Gene Functional Trng Suite	
	11:00 AM YOGA Coaching Align&Flow Linda: Dance Studio II	11:15 AM YOGA for Healthy Aging Julie: Aerobic Rm	6:00 PM DEKA Fit: Danny Functional Trng Suite	11:15 AM YOGA for Healthy Aging Julie: Aerobic Rm		

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