

FEE BASED GROUP EXERCISE JANUARY 2019 SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 A.M. - 7 A.M.			BootCamp 6-7PM Alex		BootCamp 6-7PM Jess		
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 9-10:00 A.M. - Betsy	Suspension Training L1 9-10 A.M. - Pam	Suspension Training L2 10-11 A.M. - Pam	
10 A.M. - 11 A.M.							
11 A.M. - 12 P.M.							
12 P.M. - 4 P.M.							
4 P.M. - 5 P.M.							
5 P.M. - 6 P.M.							
6 P.M. - 7 P.M.			BootCamp L3 6-7 P.M. - Jess		BootCamp 6-7PM Jess		
7 P.M. - 8 P.M.							
8 P.M. - 9 P.M.			Krav Maga 7:15-8:30 P.M. contact neurons4@comcast.net				
Coaching Location:	GROUP COACHING AREA	QUIET CORNER	GYMNASIUM	AEROBIC RM			

BOOT CAMPS & SMALL GROUP COACHING PROGRAMS

- Suspension Training TRX Level 1: for people new to Suspension Training or still developing core strength, balance and flexibility!
- Suspension Training TRX / Cross Core Level 2: Suspension Training for those familiar with TRX bodyweight training but want to increase strength and improve their functional fitness
- Suspension Training TRX / Cross Core 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!
- MARTIAL ARTS BOOT CAMP: High Intensity Boxing Drills with cardio and strength building focus!
- MELT™: Using small balls and a soft foam roller, this simple self treatment will rehydrate connective tissue and erase common aches and pains, promoting better circulation, vibrant health and pain free movement!

4 sessions \$64 / 12 sessions \$180 / 20 sessions \$280

Drop-In for \$20 (contact jessc@jccnh.org)

- 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