



FEE-BASED SPECIALTY SESSION WEEKLY SCHEDULE: MARCH 2026

MONDAY				
5:45 AM	DEKA Fit	Danny	Functional Trng Suite	
7:00 AM	Pilates Reformer	Lisa	Pilates Studio	sign up required
11:00 AM	YOGA Coaching	Linda	Dance Studio II	
6:00 PM	Pilates Reformer	Isabel	Pilates Studio	sign up required
TUESDAY				
9:00 AM	TRX Circuit	Pam	Functional Trng Suite	
11:15 AM	YOGA for Bone Health	Julie	Aerobic Rm	*no Yoga for Bones 3/24
4:30 PM	Pilates Reformer	Josie	Pilates Studio	sign up required
WEDNESDAY				
9:00 AM	TRX	Pam	Functional Trng Suite	
9:30 AM	Pilates Reformer	Josie	Pilates Studio	sign up required
10:00 AM	MELT Method	Betsy	Aerobic Rm & Virtual	
10:15 AM	TRX Basics	Pam	Functional Trng Suite	
12:00 PM	Pilates Reformer	Josie	Pilates Studio	sign up required
1:30 PM	Rise & Rumble	Mat	Boxing Suite	First class March 11th
6:00 PM	DEKA Fit	Danny	Functional Trng Suite	
THURSDAY				
8:00 AM	TRX Circuit	Pam	Functional Trng Suite	
9:00 AM	Pilates Reformer	Josie	Pilates Studio	sign up required
11:15 AM	YOGA for Bone Health	Julie	Aerobic Rm	*no Yoga for Bones 3/26
11:15 AM	Move Better	Pam O/Pam H	Functional Trng Suite	3/19 & 3/26 MUST SIGN UP
5:00 PM	Pilates Reformer	Isabel	Pilates Studio	sign up required
FRIDAY				
7:00 AM	Pilates Reformer	Lisa	Pilates Studio	sign up required
9:00 AM	MetCon	Gene	Functional Trng Suite	
2:00 PM	Pilates Reformer	Lisa	Pilates Studio	sign up required
SATURDAY				
1:00 PM	Pilates Reformer	Isabel	Pilates Studio	sign up required
SUNDAY				
9:00 AM	MetCon	Gene	Functional Trng Suite	
9:00 AM	Pilates Reformer	Lisa	Pilates Studio	sign up required
Descriptions and Pricing on back, for more info: pamelao@jcnh.org				

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

PILATES REFORMER:

A dynamic, low-impact workout using the Pilates Reformer to build strength, improve alignment, and enhance mobility. These sessions focus on controlled, full-body movements that support core stability, posture, and balanced muscle development

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 STRONG BONES & HEALTHY JOINTS:

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. Assistance in each pose, inviting you to deeply explore each posture and move through a slow flow vinyasa class.

Rise & Rumble is a high-energy boxing class designed to build unshakable confidence and help you rise to any challenge. This empowering session focuses on improving strength, stamina, coordination, and reaction time through boxing-inspired training in a supportive, motivating environment.

Move Better from the Ground Up- 2 Week Series to improve the way you move!

March 19 at 11:15am: Gait Assessment / **March 26 at 11:15 am:** Corrective Exercise Session to pinpoint imbalances and learn simple corrective exercises to improve mobility, stability, and walking efficiency.

Step Strong: Gait Assessment & Corrective Exercise Series / 6 spots available. Pam O & Pam H, Exercise physiologists: to register, email pamelao@jccnh.org.

six sessions \$99 / twelve sessions \$192 / twenty sessions \$300

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

more info: pamelao@jccnh.org

to purchase: jaimer@jccnh.org