

# FEE BASED GROUP EXERCISE APRIL 2019 SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 A.M. - 7 A.M.			BootCamp 6-7 pm - Alex		BootCamp 6-7 pm - Jess		
7 A.M. - 8 A.M.			Suspension Training L1 7-8 am - Alex	Suspension Training L3 7:45-8:45 am - Pam			
8 A.M. - 9 A.M.		Suspension Training L2 8-9 am - Jess					
9 A.M. - 10 A.M.			Suspension Training L3 9:15-10:15 am - Pam	MELT 9-10:00 am - Betsy	Suspension Training L1 9-10 am - Pam	Suspension Training L2 10-11 am - Pam	
10 A.M. - 11 A.M.						MELT 10-11 am	
11 A.M. - 12 P.M.	Karate 11 am-12 pm - Tony Start April 28						
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 pm - Jess		BootCamp 6-7 pm - Jess		
7 P.M. - 8 P.M.							
8 P.M. - 9 P.M.			Krav Maga 7:15-8:30 pm contact neurons4@comcast.net				
Coaching Location:	GROUP COACHING AREA	QUIET CORNER	GYMNASIUM	AEROBIC RM			

## FEE BASED SMALL GROUP COACHING PROGRAMS

- ❖ **Suspension Training TRX Level 1:** for people new to Suspension Training or still developing core strength, balance & flexibility!
- ❖ **Suspension Training TRX / Cross Core Level 2:** Suspension Training for those familiar with TRX body-weight training but want to increase strength & improve their functional fitness
- ❖ **Suspension Training TRX / Cross Core Level 3:** Suspension Training amped! Using TRX, Cross Core, Bosu & 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 & your attitude!
- ❖ **MELT™:** Using small balls & a soft foam roller, this simple self treatment will rehydrate connective tissue & erase common aches & pains, promoting better circulation, vibrant health & pain free movement!

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

- ❖ **KRAV MAGA:** means “contact combat” in Hebrew. Israeli Self Defense is a simple, aggressive, easy-to-learn & easy-to-remember system of self-defense focusing on principles rather than techniques. A great workout! All levels & ages welcome.  
*To register for this program please contact Beth Lopez 203 589-4701 or [neurons4@comcast.net](mailto:neurons4@comcast.net)*
- ❖ **KARATE:** Traditional Karate for ages 13 & up. New & experienced students welcome. The opportunity to test for belt ranking at the end of each 10 week session - **\$99 JCC mbr / \$149 non-mbr**  
*To register for this program please contact [jessc@jccnh.org](mailto:jessc@jccnh.org)*