

FEE BASED SMALL GROUP COACHING MARCH 2020 SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 A.M. - 7 A.M.			BootCamp 6-7 am - Alex		BootCamp 5:45-6:45 am - Jess	BootCamp 6-7 am - Alex	
7 A.M. - 8 A.M.	Boot Camp - Sadaf 7:15-8:15 am			TRX Circuit 7:45-8:45 am - Pam			
8 A.M. - 9 A.M.		TRX 8-9 am - Sadaf					
9 A.M. - 10 A.M.			TRX Circuit 9-10 am - Pam	MELT 9-10 am - Betsy	TRX 9-10 am - Pam	TRX 9-10 am - Pam	
10 A.M. - 11 A.M.						MELT 10-11 am - Betsy	TRX 10-11 am - Pam
5 P.M. - 6 P.M.							
6 P.M. - 7 P.M.			BootCamp 6-7 pm - Jess		BootCamp 6-7 pm - Jess		
7 P.M. - 8 P.M.							
8 P.M. - 9 P.M.							
Coaching Location:	GROUP COACHING AREA	QUIET CORNER	GYMNASIUM	AEROBIC RM			

All classes taught by certified, experienced instructors • For more information: susand@jccnh.org

FEE BASED SMALL GROUP COACHING PROGRAMS

- ❖ **TRX:** Suspension training using TRX or CROSS CORE Straps to leverage gravity and your own body weight. A great tool for exercisers of all levels to build strength, balance, coordination, flexibility and joint stability. Suspensions training is a unique way to achieve total fitness as it requires your core muscles to be engaged 100% of the time!
- ❖ **TRX CIRCUIT:** Suspension training amped up! Using the straps along with Bosu, Battlerope, Weights and Med Balls to take your fitness to the next level! (not recommended for new exercisers)
- ❖ **TRX FLOW:** Head to toe work out focusing on form, flexibility, and core conditioning designed for all levels
- ❖ **BOOT CAMPS:** Time to get serious with this challenging workout using a variety of props – guaranteed to change your body and your attitude!
- ❖ **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!

6 sessions \$99 / 12 sessions \$192 / 20 sessions \$300 / Drop-In for \$20

(contact jessc@jccnh.org for more information)