

# FEE BASED GROUP EXERCISE MARCH 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 Starts March 22	
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 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			

## 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!
- 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!
- KICKBOX FITCAMP: Using fitness conditioning methods from Dutch, American, and Muay as well as martial arts, combined for a fun and intense workout experience. We will train like real kickboxers but without sparring or fighting. Class will begin with technical drills using footwork, stances, defensive maneuvers, and striking. This will be followed by circuit training using calisthenics, core strengthening, pad work, kick shields, and punching bags. Work muscle groups you may have never felt before, burning tons of calories while learning to kicking some serious backside! Not to mention how great it feels to hit bags and pads to relieve stress! MMA or boxing gloves required. Water, towel, and boxing wraps recommended.

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 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](mailto:neurons4@comcast.net)