



FEE-BASED SPECIALTY SESSION WEEKLY SCHEDULE: APRIL 2026

MONDAY				
5:45 AM	DEKA Fit	Danny	Functional Trng Suite	
TUESDAY				
9:00 AM	TRX Circuit	Pam	Functional Trng Suite	
11:15 AM	YOGA for Bone Health	Julie	Aerobic Rm	*no Yoga for Bones 4/7
WEDNESDAY				
9:00 AM	TRX	Pam	Functional Trng Suite	
10:00 AM	MELT Method	Betsy	Aerobic Rm & Virtual	*no MELT 4/8
10:15 AM	TRX Basics	Pam	Functional Trng Suite	
1:30 PM	Rise & Rumble	Mat	Boxing Suite	
6:00 PM	DEKA Fit	Danny	Functional Trng Suite	
THURSDAY				
8:00 AM	TRX Circuit	Pam	Functional Trng Suite	
11:15 AM	YOGA for Bone Health	Julie	Aerobic Rm	*no Yoga for Bones 4/2
SUNDAY				
9:00 AM	MetCon	Gene	Functional Trng Suite	
Descriptions and Pricing on back, for more info: pamelao@jccnh.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

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

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.

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



New

Pilates Reformer Classes

BUILD YOUR STRENGTH FROM THE CORE

With exercises like footwork, bridging, arm series, and gentle core work, you'll build strength, flexibility, and body awareness, creating a solid foundation.

PROPER ALIGNMENT • BREATH CONTROL • CORE STRENGTH • FLEXIBILITY

Whether you're brand new or looking to refine your basics, this class will help you move better, feel better, and gain confidence in your body.

Weekly Classes | Pilates Studio

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7 am Lisa				7 am Lisa	
9 am Lisa			9:30 am Josie	9 am Josie		
		4:30 pm Josie	12 pm Josie		2 pm Lisa	1 pm Isabel
	6 pm Isabel			5 pm Isabel		

For more information, contact **Lisa Aldo** at lisaa@jccnh.org